



University of Kashmir

Directorate of Physical Education & Sports

HAZRATBAL, SRINAGAR 190006, KASHMIR

Detailed Report on Sports Competitions and Events Organized by the University of Kashmir

The Directorate of Physical Education and Sports at the University of Kashmir has played a pivotal role in fostering sports culture and physical fitness among students, faculty, and staff. Accredited with an "A+" grade by NAAC, the university consistently organizes a range of sporting activities to develop talent and promote holistic growth. This report provides a detailed account of sports competitions, events, and training programs conducted between 2018 and 2023, along with participant data and key outcomes.

Sports Events Overview (2018–2023)

1. Inter-College and Inter-Departmental Tournaments

2018-19:

- **Participants:** A total of 3,953 individuals participated in various events.
- **Sports Activities:**
 - **Cricket:** 1,261 participants, including inter-department, inter-college, and inter-university levels.
 - **Football:** Attracted 610 male participants.
 - **Volleyball:** Featured 490 participants across genders.
 - **Badminton:** Engaged 159 players, with nearly equal male and female representation.
 - **Road Races:** Drew 199 participants, promoting endurance and competitive spirit.
 - **Judo:** Registered 179 participants, including 12 women in inter-department events.

2019-20:

- **Participants:** 413 individuals participated, focusing primarily on road races and cycling.
- **Key Activities:**
 - **Road Races:** Witnessed 325 participants, including 80 women.
 - **Cricket:** Inter-university teams competed at national levels.

2020-21:

- **Focus on Skiing and Cyclothon:**
 - A snow skiing camp had 40 participants (20 men and 20 women).
 - Cyclothon engaged 46 participants to promote eco-friendly practices.
- **Impact of COVID-19:** Limited events were conducted due to pandemic restrictions.

2021-22:

- Events organized included inter-college cricket, volleyball, road races, and cycling.
- **Highlight Events:**
 - **Snow Skiing Course for Women:** Conducted for 14 participants, showcasing inclusivity.
 - **Cycle Yatra and FIT INDIA Cyclothon:** Attracted 115 participants.

2022-23:

- The university resumed full-scale tournaments post-pandemic, including:
 - **Cricket Tournaments:** Over 150 participants in men's and women's categories.
 - **Volleyball and Badminton Championships:** Held for both inter-department and inter-college levels, with over 500 participants across events.
 - **Inter-College Hockey:** Hosted for both genders with significant turnout.

Workshops and Training Camps

Skill Development Workshops:

- **Football Refresher Courses (2022):** Designed to enhance tactics and gameplay, attended by 25 participants.
- **Specialized Training Programs:**
- **Snow Skiing Camps:** Conducted annually for men and women, with participation from 40 individuals in 2020-21.
- **Coaching Camps:** Hockey training camps conducted for both men and women to improve team performance.

Yoga and Fitness Programs:

- Events like International Yoga Day and two-day workshops on yoga and well-being highlighted the importance of mental and physical health.

Participation in Inter-University and National Championships

The Directorate actively facilitated student representation in inter-university and national tournaments:

- **All India Inter-University Pencak Silat Championship (2023-24):**
 - **Medals Secured:** 11 (1 Gold, 3 Silver, 7 Bronze).

- Participants showcased Kashmir's talent on a national platform.
- **North Zone Inter-University Championships:**
 - Cricket, hockey, football, volleyball, badminton, and judo teams were deputed annually.
 - **Performance Highlights:**
 - Gold in men's and women's 6-A-Side Cricket Tournaments (2024).
 - Four medals in the All India Inter-University Wushu Championship (2024).
- **International Representation:**
 - Sabiya Nabi, an M.P.Ed student, participated in the Alpine Skiing FIS Races in Kazakhstan (2024), showcasing international excellence.

Prominent Year-Wise Highlights

2021-22:

- Celebrated *Azadi Ka Amrit Mahotsav* through cycle yatras, road races, and table tennis tournaments.
- Snow skiing courses and yoga camps drew significant attention.

2022-23:

- Hosted North Zone Inter-University Volleyball Championship (Women) under AIU aegis.
- Conducted a one-day kayaking and canoeing workshop at Nigeen Club.

Participant Data (2018–2023)

- **Total Events Organized:** Over 200 tournaments, workshops, and training camps.
- **Total Participants:** Exceeding 15,000 across all categories.
- **Gender Representation:** Significant increase in women's participation, especially in skiing, badminton, and cycling.

Jamia Millia Islamia wins finals of 16th All India
Vice-Chancellors T-20 Cricket Tournament **(September 13 2018)**



Srinagar, September 13: The 16th All India Vice-Chancellors T-20 Cricket Tournament concluded here at University of Kashmir on Thursday with Jamia Millia Islamia (JMI) University, Delhi lifting the title and defeating the University of Jammu by nine-wickets in the finals.

Wajahatullah khan Captain of the winning team lifted the winner's trophy amid huge applause from the spectators.

Batting first Jammu University set the target of 127 runs in 20 overs which JMI chased successfully in 15 overs with a loss of just one wicket.

Mohammad Yousuf from JMI was declared man of the match for his brilliant knock of 53 runs whileas Wahid Ahmad from JMI was declared man of the series and best batsman of the series for scoring 394 runs during the tournament.

Fareed Ahmad from JMI was declared best bowler of the tournament.

While felicitating the winning team of JMI and other players for their splendid performance during the tournament Vice Chancellor University of Kashmir who was chief guest on the occasion said "I congratulate both the teams -the winners as well as the runner up team for their performance during the tournament and reaching to the finals was never easy in a tournament where around 20 other teams were also participating."

Terming the outstation teams as "ambassadors" Prof Talat said "I hope the participating teams who had come from different parts of the country would convey a positive message outside the valley and be our goodwill ambassadors which will help us in hosting and organizing more and more such national level tournaments."

While maintaining that the valley has huge potential in winter sports Prof Talat said "We have a huge potential as far as winter games are concerned and I would like

to see the teams who played this national tournament here come again and again and also participate in winter games.”

The Vice chancellor said that he will make all efforts to strengthen the sports infrastructure in all campuses of the University.

While presenting the awards to the players Chairman J&K Bank Mr Parvez Ahmad who was guest of honour on the occasion said “J&K Bank is and shall always be at the forefront of such activities which are aimed at shaping the career of the budding players in various sports.”

Ahmad who was highly impressed by the performance of the various cricketing teams during the tournament said “The talent which I witnessed today is tremendous and I will make sure that J&K Bank also has its own cricket team in future which will also give a chance to young and dynamic players to showcase their talent at various national and international forums.”

The Chairman also rewarded the cultural wing of DSW University of Kashmir with a cash prize of rupees 25 thousand for live performing the KUMSA tarana.

Speaking on the occasion Prof Neelofer Khan Registrar and Dean College Development Council (DCDC) KU while congratulating the winning team appreciated the role of KUMSA for organizing such events in the University and said “participants from across the country will take positive messages from here to their places about Kashmir.”

Dean Academic Affairs KU Prof Musadiq Amin Sahaf and Dean Research KU Prof Zaffar A Reishi also felicitated the players with mementoes and trophies on the occasion

While thanking the University administration for its support President KUMSA Qazi Ghulam Jeelani said around twenty teams representing various universities of the country participated in the mega event which was organized by Kashmir University Ministerial Staff Association (KUMSA) in collaboration with Directorate of Physical Education & Sports and sponsored by Jammu & Kashmir Bank Hazratbal.

Jeelani also requested University authorities and Chairman J&K bank to provide resources for the up gradation of two grounds of the University with facilities of flood lights and stadium so that international matches could be hosted at the University.

During the award ceremony various officials and departments of the University were felicitated for their support and cooperation in making the tournament successful.

Around 37 matches were played during the tournament and the teams who participated in the tournament included University of Kashmir, University of Mumbai; University of Delhi, Jamia Millia Islamia, Delhi; University of Jammu; Punjab University Chandigarh, Punjab University Patiala, S.P. Pune University, CUK Jammu, SKUAST-K, HPU Shimla, MPKV, Rahuri, RTM Nagpur, Jalgaon University, University of Gorakhpur, PAU Ludhiana, Shivaji University Kolapur, MDS University Ajmeer, , BOSE Ajmeer.

<https://www.kashmirnewsobserver.com/sports/jamia-millia-islamia-wins-finals-of-16th-all-india-vice-chancellors-t-20-cricket-tournament-kno-22145>

Kashmir University creates history at All India Inter-university Pencak Silat Championship – 2019, clinches 08 bronze and 02 silver medals **March-21-2020**



In the ongoing All India Inter-University Pencak Silat championship -2019 at GNDU Amritsar, Kashmir University Pencak Silat team (both men and women) created history by winning 09 medals (02 Silver and 07 bronze). The performance of the girls was exceptionally outstanding as out of 09 medals 05 were won by the girls. Among the girls, Muskan Shabaan bagged 2 bronze medals(50-55 kg) Heeba Nasir one bronze (65-70 kg) Sadiya Hilal one bronze (40-50 kg) and Tabasum Shafi one bronze medal(45-50 kg). while as among boys Adil Manzoor (55-60kg) and Suhaib Jeelani (open category) secured silver medals and Maroof Ahmad and Younis Ahmad secured bronze medals in beach category. This is for the first time that Kashmir University deputed a team for participation in the Pencak Silat championship at All India Interuniversity level. Dr Nisar Ahmad Khan, Coordinator, Physical Education & Sports and Mr. Nadeem Ahmad Dar, Assistant Director, congratulated the team on this stunning performance which brought laurels to the University. They also thanked the university authorities especially Hon'ble Vice Chancellor, Worthy Registrar, Dr Nisar Ahmad Mir and Joint Registrar (Budget and creation) Mr Altaf Ahmad for giving nod to the deputation of Pencak Silat team at the last juncture. The Directorate also thanked J &K Pencak Silat Association for providing all logistic support in terms of sponsoring the event and facilitating the selection of best contingent by providing skilled technical expertise. The team is accompanied by senior coach Mr. Harbinder singh and Mrs Surjeet Kour as managers.

<https://brighterkashmir.com/ku-creates-history-at-all-india-inter-university-pencak-silat-championship--2019-clinches-08-bronze-and-02-silver-medals>

Annual Inter College Sports Calendar framed at KU (April 26, 2019)



Srinagar, April 26: To discuss and frame the annual Inter college sports calendar a meeting of Physical Directors/Sports Incharge of all affiliated Colleges of the University of Kashmir was held at KU.

The meeting was organized by Directorate of Physical Education and Sports University of Kashmir and was chaired by Dr. Nisar Ahmad Khan Coordinator Directorate of Physical Education and Sports KU while as Mr Nadeem Ahmad Dar Assistant Director conducted the proceedings of the meeting.

Dr. Nisar Ahmad briefly apprised the members about the steps taken by the Directorate in the recent past for the promotion of the Sports.

The members present expressed their delight on hearing that the Directorate has made Sports hostel fully functional wherein the participating players and officials in various sports activities/coaching camps will be accommodated which was a long pending demand of the players.

They also congratulated the Directorate for deputing as many as 25 teams out of which 12 were women teams for participation in various All India/North Zone Inter University Tournaments and bringing laurels for the university by winning 2 silver and 9 bronze medals in recently concluded All India Pencaksilat tournament (men/women) at GNDU Amritsar.

After threadbare discussions the annual sports calendar for Inter College tournaments was framed. During the meeting special emphasis was laid on more women participation and introduction of few more Inter college tournaments particularly in winter sports (snow skiing).

During the meeting a question –answer session was also held and few queries raised by Physical Directors were responded by the officials of the Directorate present on the occasion.

All members were requested to remain proactive in ensuring their college teams participation in various Inter college tournaments scheduled to be organised by the Directorate.

The Directorate assured them every possible support viz a viz providing services of coaches for coaching various college teams.

They were also requested to avoid using the nomenclature of Inter college tournament to avoid confusion in future. Surjeet kour Sports Assistant of the Directorate presented vote of thanks on behalf of all members.

<https://brighterkashmir.com/annual-inter-college-sports-calendar-framed-at-kashmir-university->

KU holds national-level webinar on 'Doping in Competitive Sports' (January 21, 2022)



Srinagar, Jan 20: Kashmir University's Directorate of Physical Education and Sports (DPES) on Thursday organised a one-day webinar on 'Doping in Competitive Sports'.

Coordinator DPES Dr Nisar Ahmad Khan inaugurated the webinar and also welcomed the guests and participants.

Speaking on the occasion, Dr Khan said it is important to discuss such issues which have a great bearing on the performance, credibility and reputation of sportspersons on and off the field.

The webinar was conducted in two sessions.

In the first session, Dr Rakesh Malik, Deputy Director Sports, Panjab University Chandigarh was the resource person who spoke about various aspects of doping in competitive sports, and in the second session, Dr Reena Poonia, Associate Professor, Physical Education, Manipal University Jaipur spoke about the role and importance of higher education in promotion of sports.

At the end of each session, a brief question-answer session was also held.

Nadeem Ahmad Dar, Assistant Director DPES and organising secretary of the webinar conducted the proceedings and thanked the chief guest, resource persons and participants for making the programme a success. The webinar was attended by various faculty members, coaches, research scholars and students from J&K and some other parts of the country.

https://brighterkashmir.com/ku-holds-national-level-webinar-on-doping-in-competitive-sports#google_vignette

KU organises sports events as part of
'Azadi ka Amrut Mahotsav' celebrations (August 13, 2022)



Srinagar, Aug 12: Kashmir University's Directorate of Physical Education and Sports (DPES) organised several sports events as part of the University's ongoing celebrations related to 'Azadi Ka Amrut Mahotsav'.

Vice-Chancellor Prof Nilofer Khan on Friday visited the Sports Ground to interact with players of Volleyball and Cricket teams who are participating in the ongoing sports events related to 'Azadi Ka Amrut Mahotsav', the celebration of country's 75th year of Independence as a special occasion.

Prof Nilofer said she is glad to observe that the DPES has been holding regular sports events which provide a great encouragement to the students to actively participate in them.

"Sports promotion is one of our prime focus areas to realise the objective of holistic development of our students, including girl students who are now coming forward in huge numbers to participate in sports events and win laurels for the country," Prof Nilofer said, adding that University of Kashmir will hold more sports events as part of Azadi Ka Amrut Mahotsav celebrations in coming days.

Registrar Dr Nisar Ahmad Mir also accompanied the Vice-Chancellor and encouraged students to continue participating in sports activities for their overall physical and mental well-being. The Registrar assured University's full support to sports events involving participation of students from the University and its affiliated colleges and satellite campuses.

Officials and coaches of DPES, including Dr Surjit, were also present on the occasion.

<https://kashmirreader.com/2022/08/13/ku-organises-sports-events-as-part-of-azadi-ka-amrut-mahotsav-celebrations/>

KU holds national-level webinar on Sports

Coaching (December 22, 2021)

Srinagar, Dec 22: The Directorate of Physical Education and Sports (DPES) University of Kashmir Thursday organised a one-day national-level webinar on sports coaching.

The webinar was inaugurated by Prof Irshad Ahmad Nawchoo, Controller of Examinations KU, in presence of Dr Nisar Ahmad Khan, Coordinator DPES and convenor of the webinar.

At the outset, Dr Khan welcomed the chief guest and all other participants and apprised them about the aims and objectives of the webinar, organised as part of Azadi ka Amrut Mahotsav celebrations.

Speaking on the occasion, Prof Irshad congratulated the DPES for organising the webinar on a wonderful theme which has a potential to enable high performance in sports activities.

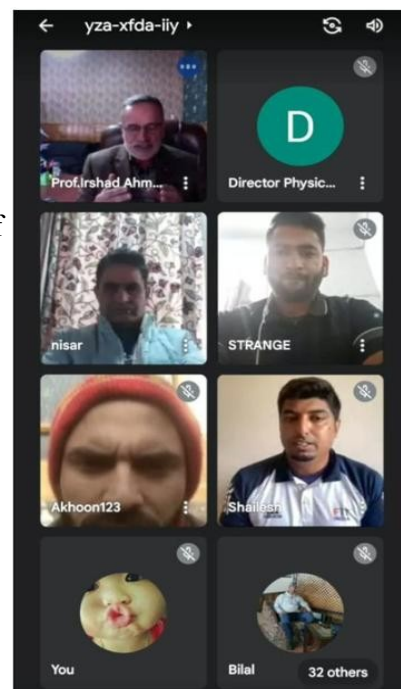
He interacted with the participants and took their valuable feedback on the importance of sports activities.

The webinar was conducted in two sessions. In the first session, Shailesh Karkera from Manglore, Karnataka (AIFF Match Commissioner) was the resource person who spoke about different aspects of coaching at various age groups in football. In the second session Shiekh Adil, Gymnasium Coach, DPES spoke about the importance of fitness in Covid19 times.

At the end of each session, a brief question answer session was also held.

Nadeem Ahmad Dar Assistant Director and organising secretary of the webinar conducted the proceedings of the webinar and thanked the chief guest, resource persons and participants for making the webinar a success.

The webinar was attended by various faculty members, coaches, research scholars and students from J&K and from other parts of the country.



<https://www.brighterkashmir.com/news/ku-holds-national-level-webinar-on-sports-coaching>

VC KU felicitates IOT Zakura campus contingent for brilliant performance at National Level Inter- Engineering Sports meet (Sep 2018)



Srinagar, Sept 19: Vice Chancellor University of Kashmir Prof Talat Ahmad felicitated the champions of football team and bronze medalist in swimming from Institute of Technology (IOT) University of Kashmir Zakura Campus for their outstanding performance at National Level Inter- Engineering Sports meet held at MIT World Peace University Pune.

Besides the football team the VC also felicitated Farukh Usman from Institute of Technology Zakura Campus for winning the bronze medal in swimming competition. The Registrar KU Prof Neelofar khan also felicitated the contingent

While interacting with the contingent Vice Chancellor assured the students of providing the latest infrastructure and sports facility at campus.

Prof Talat appreciated the students and Assistant Director Sports Dr Basharat Ali for this outstanding performance.

The team won the final match against the AIT Mumbai and created the history in the field of sports of Kashmir University.

<https://www.kashmirnewsobserver.com/jammu-and-kashmir/vc-ku-felicitates-iot-zakura-campus-contingent-for-brilliant-performance-at-national-level-inter-engineering-sports-meet-kno-23252>

KU's Sports Directorate organises 7-day trekking camp at Pahalgam **September 22, 2021**

Srinagar, Sep 21: The Directorate of Physical Education and Sports, University of Kashmir, organised a trekking programme at Pahalgam.

Registrar Dr Nisar A Mir flagged off a group of 25 students of physical education for the seven-day programme.

Addressing the participants, Dr Mir highlighted various indoor, outdoor and adventure sports activities being undertaken by the university.

“We are focusing a lot on promotion of sports activities and infrastructure to enable our students to join different sports programmes and make them ready for competitions held at the local, national and international level,” Dr Mir said.

He reiterated that the university is augmenting its sports infrastructure in a big way to boost sports activities for university and college students.

Coordinator M.P.Ed programme Dr Surjeet Singh highlighted various adventure sports activities being undertaken by the department.

Four officials were deputed with the students for the trekking camp, she said.

Dr Singh also presented a vote of thanks.

<https://brighterkashmir.com/kus-sports-directorate-organises-7-day-trekking-camp-at-pahalgam>

National Sports Day observed at KU's main, south campuses August 30, 2022



Srinagar, Aug 29: Special sports events and activities were on Monday held at Kashmir University's main campus and South Campus Anantnag to celebrate the National Sports Day.

Vice-Chancellor Prof Nilofer Khan chaired the valedictory ceremony of the inter-department badminton tournaments (men/women), organised by the Directorate of Physical Education and Sports (DPES), at the main campus.

The Vice-Chancellor, who was accompanied by Registrar Dr Nisar A Mir and Special Secretary to VC Dr Tanveer A Shah, encouraged students, especially girls, to active participate in sports activities at the national level to bring laurels to the institution.

Director DPES, Dr Mussavir Ahmad, gave a brief account of the National Sports Day and its importance.

Later, the Vice-Chancellor and Registrar distributed prizes and medals among the winners and participants. The winning trophies were lifted by DPES (in the men's tournament) and by the Department of Computer Sciences (in the women's tournament).

Earlier, the Vice-Chancellor had a visit to the University Fitness Centre and Physio Block to take stock of the facilities and arrangements.

<https://kashmirreader.com/2022/08/30/national-sports-day-observed-at-kus-main-south-campuses/>

Meanwhile, South Campus organised a programme under Fit India Campaign to mark the 11th National Sports Day. Over 50 students participated in different sports activities including Volleyball, 5-A-Side Hockey and 100-m dash.

The event, organised by DPES, was inaugurated by Director South Campus Dr Mukhtar Ahmad Khanday.

Wishing participants best on National Sports Day, Dr Khanday said such events will be conducted regularly to involve the student community in sports activities.

Assistant Director, Physical Education, Tausif Ahmad Bhat, gave a detailed account of the series of events organised during the day-long programme.

Later, a prize distribution ceremony was held under the chairmanship of Dr Khanday.

All India Inter-University Wushu Championship: Outstanding performance exemplifies dedication, talent of student athletes: KU VC

February 19, 2024

Varsity bags medals in maiden appearance



Srinagar, Feb 18: The Kashmir University (KU) sports teams continue to shine with remarkable achievements in the current session of the sports calendar of the Association of Indian Universities (AIU).

In its inaugural appearance at the All India Inter-University Wushu Championship held at Jammu University, the KU Wushu team secured an impressive haul of 4 medals, comprising 1 Gold, 2 Silver, and 1 Bronze, read an official press release issued here.

In the men's category, Musharraf Qayoom clinched the Silver medal in the 52 kg weight category, while Saleem Kumar secured the Gold medal in the 56 kg weight category, and Syed Mohammad Azim bagged the Bronze medal in the 65 kg weight category. In the women's division, Mehreen achieved the Silver medal in the 65 kg weight category, it read.

In her message, Vice Chancellor, Kashmir University, Prof Nilofer Khan congratulated Coordinator, Directorate of Physical Education and Sports (DPES), Dr Nadeem Ahmad and his team for bringing laurels to the university in the ongoing AIU sports calendar, read the official release.

"The outstanding performance of our Wushu team exemplifies the dedication and talent of our student athletes. We are immensely proud of their achievements and will

continue to support their endeavors in sports," an official spokesperson quoted Prof Khan as saying.

Registrar, Kashmir University, Prof Naseer Iqbal, commended the KU Wushu team for their outstanding performance.

He said, "This success reflects the commitment of our university towards fostering a culture of excellence in both academics and sports."

Coordinator, DPES, Dr Nadeem Ahmad Dar expressed gratitude to the Wushu Association of Jammu & Kashmir and Kashmir university administration for their support and credited the belief of the Directorate for the team's success.

The contingent, led by Dr Nadeem Ahmad Dar as observer, Sakeena Akhter as Manager, Muneer Alam as Coach, and Irfan Qadir as Baggage man, marked its maiden participation in the All India Inter-University Wushu Championship, the release added.

<https://www.greaterkashmir.com/uncategorized/all-india-inter-university-wushu-championship-outstanding-performance-exemplifies-dedication-talent-of-student-athletes-ku-vc/>

All India Inter-University Pencak Silat Championship:
KU team well-equipped, well-prepared to
make a mark: VC **January 25, 2024**



Srinagar, January 23: The Kashmir University (KU) deputed its Pencak Silat contingent, set to compete in the All India Inter-University Championship at Guru Nanak Dev University (GNDU), Amritsar.

KU Registrar, Dr Nisar A Mir flagged-off the contingent of 22 students during a ceremony held here Tuesday. He was accompanied by Coordinator, Directorate of Physical Education and Sports (DPES), Dr Nadeem Ahmad Dar besides various other university officials and teachers.

Participants from various teaching departments from the varsity's main and satellite campuses, and affiliated colleges are showcasing their talents at the upcoming championship being organised under the aegis of AIU (Association of Indian Universities).

In her message, Vice Chancellor, Kashmir University, Prof Nilofer Khan while expressing her confidence in the team being well-equipped to showcase their skills, said that she believes in the potential of the students to make a mark in the national arena as "the university has been preparing rigorously" for the championship.

"Our commitment to encourage academic, research and sporting excellence is unwavering. The university stands behind them and we eagerly await their success at the All India Inter-University Championship," Prof Khan reiterated.

Conveying his best wishes to the students, KU Registrar, Dr Nisar Ahmad Mir said that the varsity is steadfast in providing a platform for students to showcase their sports skills on a national level and that this championship is an opportunity for the students to shine.

“More sports infrastructure and facilities are coming up at our main and satellite campuses to enable students to participate in indoor and outdoor sports activities,” Dr Mir added, while congratulating the DPES, KU for raising a strong squad for the event.

Earlier, Coordinator, DPES, Dr Nadeem Ahmad Dar, highlighted the achievements of the KU Pencak Silat team for bringing laurels to the university at the national level and presented a brief report about the activities organised by the directorate so far.

“The KU Pencak Silat team has a history of bringing laurels to the university, and I am confident that they will continue to make us proud. This championship is not just about competition, it’s a testament to the hard work and dedication put in by our athletes,” he said.

The contingent is accompanied by Shiekh Adil as coach-cum-manager and Surjeet Kour as Assistant Manager.

As the team embarks on this sporting endeavour, the university echoes its support, believing in the resilience and capabilities of its students to make a mark on the national stage.

<https://risingkashmir.com/all-india-inter-university-pencak-silat-championship-ku-team-well-equipped-well-prepared-to-make-a-mark-vc/>

3-day sports festival concludes at KU's South Campus **May 2023**

Anantnag, May 20: A three-day sports festival concluded at South Campus, University of Kashmir.

The programme witnessed an overwhelming participation of teachers, non-teaching staff and students from the campus.

The event was organised by the Department of Physical Education & Sports.

Earlier, the Sports Festival was inaugurated by Director South Campus, Prof Mukhtar Ahmad Khanday on Wednesday. On day first, a physical fitness test was conducted while the participants also went through the Cooper's run/walk test.

On the second day, a 'Run for Well-Being' was held for the girl students of the Campus.

On the third day, a 100 metre dash was conducted, wherein teaching, non-teaching, and students took part in large numbers.

The 100m sprint was conducted in three groups.

In group first, Tausif Ahmad Bhat secured first position, Mujeeb Ul Hassan from Institute of Nursing won the second position, while Muneeb from Institute of Nursing clinched third position.

In group second, Umer won the first position, while Rouf Ahmad Bhat and Showkat Ahmad secured 2nd and third positions respectively.

In group third, Rouf Ahmad Shah clinched first position, while Arshad Ahmad Shah and Dr Javaid Iqbal Bhat secured 2nd and 3rd positions respectively.



Tausif Ahmed Bhat, Assistant Director, Sports, was adjudged as the overall fast sprinter among three categories.

A medal distribution ceremony was held wherein Prof Khanday distributed medals among the winners and delivered the concluding remarks as well. He stressed upon the students and employees to ensure their participation in the sports activities for maintaining their physical fitness.

Tausif Ahmed Bhat, Assistant Director, Sports, conducted proceedings of the concluding ceremony.

KU meet chalks out year-long calendar for inter-college sports activities **June 15, 2023**



Srinagar, June 15: The Directorate of Physical Education and Sports (DPES), University of Kashmir Thursday held a meeting of physical education directors from affiliated colleges to chalk out a calendar of activities for the year 2023-24.

The meeting was held in the wake of directions by the Vice-Chancellor, Prof Nilofer Khan, calling for giving a huge fillip to sports activities in the University's main and satellite campuses, besides all its affiliated colleges to facilitate all-round development of its students. The VC has also emphasised greater participation of girl students in the sports activities.

30 physical education directors participated in the Annual Inter-College Sports Calendar Meet, which was chaired by Dr Musavir Ahmed, Director, DPES.

Dr Musavir welcomed all the members and apprised them about the sports activities of the directorate and steps taken by it for the promotion and development of sports within and outside the University.

The members appreciated the efforts of the Directorate to help develop the sports culture at college and university level. They also gave their valuable suggestions which were taken into consideration for the betterment and benefit of the students.

Dr Musavir emphasised on participation of more and more girl students in sports activities and urged the participating physical education directors to put in their best efforts to help realise this goal. Dr Musavir assured full cooperation from the University to provide its infrastructural support and coaching to the college students.

The inter-college events will start with road and cycle races next month

Harbinder Singh, Sajid Yousuf, Sakina Akhtar, Amjad Qadir, Munir Alam, Irshad Ahmed, Surjit Kaur and Inam attended the meeting from the DPES side.

Sajid Yousuf presented a formal vote of thanks.

<https://risingkashmir.com/ku-meet-chalks-out-year-long-calendar-for-inter-college-sports-activities/>

All India Inter University Championship:

KU Pencak Silat teams make history, clinch 11 medals January 28, 2024



Srinagar, January 28: In a historic feat, the Kashmir University (KU) Pencak Silat (Men/Women) teams showcased exceptional talent at the All India Inter-University Championship 2023-24 hosted by Guru Nanak Dev University (GNDU), Amritsar under the Association of Indian Universities (AIU) banner.

Both Men and Women teams secured the prestigious title of 1st Runners Up, clinching a total of 11 medals (1 Gold, 3 Silver, and 7 Bronze) in each category, trailing only behind the champion and host GNDU University.

In an official statement, KU Vice Chancellor, Prof Nilofer Khan extended heartfelt congratulations to both the teams (Men and Women) and also to the accompanying staff. She emphasised the university's commitment to providing top-notch facilities for students while expressing pride in their national-level achievements.

“Today, we celebrate not just victories, but the unshakable spirit and dedication of our Pencak Silat teams. Kashmir University stands resolute in its commitment to provide world-class facilities for our students and we take immense pride in their historic achievements on the national stage, Prof Khan reiterated, adding that this remarkable feat positions KU as a force to be reckoned with in the realm of martial arts.

KU Registrar, Dr Nisar Ahmad Mir, while sharing his delight at the outstanding performance, acknowledged the students' dedication and pledged continued support for such endeavours.

“We owe a lot to the students for such a performance,” he said, adding that the varsity provides advanced sports infrastructure and facilities to enable students to participate in both indoor and outdoor sports activities.

Coordinator, Directorate and Physical Education and Sports (DPES), KU, Dr Nadeem Ahmad (Observer), Sheikh Adil (Manager-cum-Coach) and Surjeet Kour (Assistant Manager) accompanied the squad.

Coordinator, DPES, KU, Dr Nadeem Ahmad expressed gratitude to the Vice Chancellor Prof Nilofer Khan and Registrar Dr Nisar Ahmed Mir for unwavering support, highlighting their faith in the students, which was duly rewarded with an outstanding performance.

Manager-cum-Coach, Sheikh Adil, commended the students for their resilience, especially in the face of injuries, applauding their commendable competition against GNDU Amritsar.

Assistant Manager, Surjeet Kour, praised the entire squad, emphasising the collective effort that led to this remarkable achievement on the national stage.

The KU Pencak Silat teams have not only made history but have also set a benchmark for future athletic endeavours within the university, the statement added.

<https://risingkashmir.com/all-india-inter-university-championship-ku-pencak-silat-teams-make-history-clinch-11-medals/>

Outdoors inspire to take up adventure sports, appreciate nature: Expert

KU's 10-day certified skiing course concludes **March 18, 2024**



Srinagar, March 18: To promote winter sports in the region and encourage students to engage in healthy outdoor activities, the Directorate of Physical Education and Sports (DPES), Kashmir University (KU), successfully concluded a 10-day snow skiing course at Gulmarg.

The ten-day certified course for men and women concluded with a valedictory function Sunday. KU vice chancellor, Prof Nilofar Khan had flagged off the course on March 8.

Students from various affiliated colleges across the valley participated in the course.

"Such courses will continue to inspire more students to take up skiing and appreciate the natural beauty of Gulmarg," an official spokesperson said in a statement.

The participants received a comprehensive training from well-qualified instructors during the 10 days.

While congratulating the students on their successful and safe completion of the course, Director, DPES, Dr Mandeep Singh, emphasised the significance of such programmes in promoting physical education and sports.

"The course not only equipped students with skiing skills but also encouraged a spirit of adventure and camaraderie among them," he said.

The participants received hands-on experience, learning various skiing techniques, essential for tackling the slopes with confidence, read the statement

The training also included vital safety protocols to ensure that everyone remained safe while enjoying the thrill of skiing.

The event concluded with the distribution of certificates and medals among the participants, the statement added.

<https://kashmirreader.com/2024/03/18/outdoors-inspire-to-take-up-adventure-sports-appreciate-nature-expert/>

‘All India Intervarsity Tournament’: KU cricket teams create history, lift championship

Students talented enough to compete at any level: VC **March 31, 2024**



Srinagar, March 30: The Kashmir University (KU) cricket teams (Men and Women) stamped their names in the cricketing history by clinching the prestigious ‘All India Six-A-Side Cricket Championship’ held at Suresh Gyan Vihar University (SGVU), Jaipur.

In the first nail-biting final match, the Kashmir University Women’s team displayed exceptional talent, beating Pacific University Maharashtra by a staggering 150 runs, an official statement issued here read.

“Batting first, Kashmir University scored 237 for no loss. Snowber scored brilliant 119 while Sheezul scored 80 runs. In reply Pacific University Maharashtra were bowled out on just 87 runs,” a spokesperson said in the statement.

In the Men’s final, Kashmir University beat Lovely Professional University (LPU), Jalandhar by 5 wickets, the statement read.

“Batting first, LPU managed to score 74 runs. Saddam took 2 wickets for Kashmir University. The target was easily chased by KU in 4.2 overs. Wahid scored 47 Runs while Mehran scored 27 Runs,” the spokesperson said in the statement.

Expressing her delight on the twin victories, KU Vice Chancellor, Prof Nilofer Khan lauded both the teams stating that this is a huge achievement that needs all praises.

“The credit goes to the Directorate of Physical Education and Sports (DPES) for showing full faith in the teams and for deputing the teams for the participation on a very short notice,” Prof Khan said, adding that KU cricket teams have demonstrated exceptional talent, making the entire university proud.

“Our students have shown that they have the potential of competing at any level,” she added.

KU Registrar, Prof Naseer Iqbal, appreciated the efforts of DPES for providing the required coaching, platform and exposure to the students.

“Today our teams really made us proud by creating history at all-India level,” Prof Naseer said while wishing the best to both the teams for achieving the feat.

Director DPES, Dr Mandeep Singh, commended the teams for their outstanding performance and thanked the university leadership for their support.

He also applauded the coaches, Sakeena Akhtar and Amjad Qadir, for their dedication in guiding the teams to victory.

President, SGVU, Dr A Haldar; Registrar, SGVU, distributed prizes among the players.

Dean, Centre of Sports Management, Dr Arun Mathur, was also present on the occasion, the statement added.

<https://www.dailyexcelsior.com/ku-cricket-teams-win-all-india-intervarsity-tourney/>

KU celebrates National Sports Day August 29, 2023



Srinagar, Aug 29: The University of Kashmir (KU) Tuesday organised a series of activities to celebrate the National Sports Day here. Directorate of Physical Education and Sports (DPES), KU had made special arrangements in organising the activities.

Highlighting the importance of celebrating the day, Registrar University of Kashmir, Dr Nisar Ahmed Mir underscored the need to sensitise the youth about health and wellbeing. "We need to sensitise our youth about the importance of the day and encourage them to take active part in co-curricular activities especially sports and fitness for their all-round development," he said. He appreciated the efforts of the DPES for organising the events in line with the ongoing celebrations of the National Sports Day.

Coordinator DPES, Dr Nadeem Ahmad Dar said the varsity is committed to develop the sports infrastructure at all levels. "All the plans are in place and the aspiring athletes will get world-class training and opportunities to display their talent," he said. In the week-long celebrations, two matches of the ongoing inter-department hockey tournament were played at the main campus.

In the first match, Department of Computer Sciences defeated the Department of Law 1-0. While as, in the second match, Department of Economics defeated the Department of Management Studies 3-1.

In the inter-department volleyball tournament, the varsity's North Campus beat the Department of Geography and Disaster Management in the first semi-final. While as, in the second semi-final, Department of Physical Education defeated the varsity's South Campus.

In women's category, the Department of Physical Education reached the finals and will lock horns with the winners of the second semi-final that will be played Wednesday (today) between Department of Persian and Department of Statistics.

The National Sports Day is celebrated to commemorate the birth anniversary of hockey legend Major Dhyan Chand.

<https://www.greaterkashmir.com/uncategorized/ku-celebrates-national-sports-day/>

North Zone Inter University volleyball tournament (Women) concludes at KU (30-10-2023)



North Zone Inter University Volleyball (Women) tournament 2023-24 Overwhelming to see huge girl participation: KU VC

NL Correspondent

Srinagar, Oct 30: The Kashmir University (KU) Monday inaugurated the much-anticipated North Zone Inter University Volleyball (Women) Tournament 2023-24 here in the main campus, bringing together forty-six (46) universities from across North India.

Starting from October 30 to November 2, this sporting event is being organised by the varsity's Directorate of Physical Education and Sports (DPES) under the aegis of the Association of Indian Universities (AIU) and sponsored by the Jammu and Kashmir Bank, and promises to be a thrilling showcase of talent and teamwork and the whole university is eager to host this extravaganza.

Vice Chancellor, KU, Prof Nilofer Khan; Dean, College Development Council, KU, Prof Khursheed Ahmad Butt; Dean Research, KU, Prof Irfad Ahmad Nawchoo; Registrar, KU, Dr Nisar Ahmad Mir; Controller, Examinations, KU, Dr Mejid Zaman Babi and Coordinator, DPES, Dr Nadeem Ahmad Dar besides other university officials, deans, directors, heads of various departments, scholars and students from the main and satellite campuses and members from the sponsoring agencies were present on the occasion.

Expressing her excitement on hosting this significant sporting event at KU grounds, Vice Chancellor, Prof



Nilofer Khan said it is overwhelming to witness the participation of young

girls from across various regions of North India.

Prof Khan thanked the Association of Indian Universities (AIU) for giving

the varsity an opportunity to organise this tournament.

"It is not an easy job. It takes time and toil to lead successful efforts to fruition," she said.

Prof Khan further said that youth are the backbone and the ambassadors of the future of the nation.

"When you go back, besides the beauty of Kashmir, you will talk about the culture, cuisine and the hospitality of the valley," she added.

Prof Nilofer Khan further said that winning and losing is part of the game and that participation in itself is a big achievement.

"To me, you are all winners for you have made it to the event and that is the spirit of real sportsmanship and camaraderie," she reiterated.

She appreciated and acknowledged the efforts of the DPES and university administration for ensuring such a huge participation and assured of organising more such events for both boys and girls in future as well.

Dean, College Development Council, KU, Prof Khursheed Ahmad Butt termed the tournament equally important for the university as it is for the participants.

He said, "The participants are the real heroes of any sporting event and universities and academic institutions should focus more on extra-curriculum besides academics and research for the overall development of the youth."

Registrar, KU, Dr Nisar Ahmad Mir said that KU is always at the forefront to encourage the participation of girls in extra-curricular activities and it is with that spirit the varsity is organising the event.

"We witnessed a huge response in terms of teams wishing to take part in the tournament but due to a fixed deadline, we could not accommodate them all," he said, adding that the university has taken due care vis-à-vis food, lodging and logistics to ensure the participants have a healthy sporting experience and that they leave with cherished memories.

Earlier, while welcoming the dignitaries and the participating teams, Coordinator, Directorate of Physical Education and Sports (DPES), Dr Nadeem Ahmad Dar said that he was overwhelmed by the huge participation as witnessed during the inaugural session while reiterating the DPES' commitment to make the event a grand success.

The ceremony also witnessed captivating cultural performances by the students of the Government College of Physical Education, Ganderbal.

The event culminated with KU VC, Prof Nilofer Khan, along with other dignitaries, taking to the stage to salute and cheer on the march past conducted by the participating teams, led by their respective captains, in a gesture to motivate and boost their morale.

Srinagar: North Zone Inter University volleyball tournament (Women) 2023-24, organised by Varsity Directorate of Physical Education and Sports under the aegis of Association of Indian Universities (AIU), concluded at the University of Kashmir in which 35 universities across North India participated.

Around 700 women athletes and officials participated during the 4-day event. Punjabi University Patiala clinched gold medal, while silver medal was won by Panjab University Chandigarh and the bronze medal by LPU Jalandhar.

Dr. Nisar Ahmad Mir Registrar University of Kashmir was the chief guest on the valedictory function. Speaking on the occasion, Dr. Mir expressed his delight in witnessing the exciting matches during the event. He appreciated all the participants for coming in large numbers from different universities across North India for the event at the University of Kashmir. He expressed that under the leadership of Hon'ble Vice Chancellor, Prof Nilofer Khan more sports events of this nature will be organised at the University of Kashmir with full support.

He lauded the efforts of the entire team of the Directorate of Physical Education and Sports for putting in great efforts to make the event a success. He thanked the Association of Indian Universities (AIU) for trusting KU for hosting the event & also thanked the Sponsors.

Earlier, Dr. Nadeem Ahmad Dar, Coordinator Directorate of Physical Education and Sports welcomed all guests and teams and provided a detailed report about the event. The proceedings of the event were conducted by Sheikh Adil. The tournament was sponsored by the University of Kashmir, J&K Bank and Somany Bathware.