



Welcome to Sports Spectrum, the biannual newsletter of the Directorate of Physical Education & Sports, University of Kashmir. Stay updated with the latest events, achievements, and insights from our vibrant sports community. Join us in celebrating the spirit of athletics and fitness!



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Sports Spectrum

Newsletter
Directorate of Physical Education & Sports



Biannual: Volume 1, Issue 1, 2024

MESSAGE



Honorable Vice Chancellor, Prof.Nilofer Khan

I am delighted to extend my warmest greetings to all the readers of the University of Kashmir's Directorate of Physical Education and Sports newsletter. This publication stands as a testament to our unwavering commitment to fostering a culture of physical fitness, sportsmanship, and holistic development among our students and staff. Directorate of Physical Education & sports play a pivotal role in shaping the character and well-being of individuals. They teach us the values of teamwork, discipline, perseverance, and fair play—qualities that are essential for success in all walks of life. Our Directorate of Physical Education and Sports has been instrumental in promoting these values through a wide range of activities and programs that cater to diverse interests and abilities.

As we publish this newsletter, we celebrate the achievements of our athletes, the dedication of our officials from Directorate, and the enthusiasm of all participants who contribute to the vibrant sports culture at our university. Their stories of hard work, resilience, and triumph serve as an inspiration to us all.

I commend the efforts of the Directorate of Physical Education and Sports for their tireless work in organizing events and competitions that not only enhance the physical fitness of our university community but also build a strong sense of camaraderie and belonging.

Let this newsletter be a source of information, inspiration, and pride for our university. I encourage all readers to actively engage in the various sports and fitness opportunities provided, and to strive for excellence in both academics and athletics.

Together, let us continue to uphold the spirit of sportsmanship and work towards the holistic development of every member of our university.

Warm regards,
Sd/-

Prof. Nilofer Khan
Hon'ble Vice Chancellor
University of Kashmir

MESSAGE



Message from the Registrar, University of Kashmir

Dear Readers,

It is my pleasure to welcome you to the latest edition of our newsletter from the Directorate of Physical Education and Sports, University of Kashmir. This newsletter serves as a vital communication channel to keep you informed about the diverse range of events and initiatives organized by our Directorate.

At the University of Kashmir, we are committed to promoting holistic development through physical education and sports. These activities not only foster physical fitness but also cultivate mental well-being and character building among our students and participants.

I extend my appreciation to the dedicated team at the Directorate for their efforts in organizing these events, which contribute significantly to our academic and extracurricular landscape.

I encourage you to stay engaged with our newsletter to learn more about our upcoming events, achievements, and contributions to the community.

Warm regards,

A handwritten signature in black ink, appearing to read 'Naseer Iqbal', written in a cursive style.

Prof. Naseer Iqbal

Registrar

University of Kashmir

MESSAGE



Message from Dr. Mandeep Singh, Director of the Directorate:

Dear Readers,

I am delighted to connect with you through our newsletter from the Directorate of Physical Education and Sports, University of Kashmir. This platform serves as a gateway to share updates and insights into the various initiatives and achievements undertaken by our Directorate.

At the Directorate, we are committed to promoting a holistic approach to physical education and sports. Our programs aim not only to enhance physical fitness but also to foster leadership, teamwork, and personal development among our students and participants.

I extend my sincere gratitude to our dedicated staff and participants whose enthusiasm and dedication contribute immensely to the success of our programs and events.

Stay tuned to our newsletter for updates on upcoming events, success stories from our talented athletes, and articles that highlight the transformative power of physical activity and sports in our community.

Best regards,

A handwritten signature in blue ink that reads "Mandeep Singh". The signature is written in a cursive style and is positioned above the printed name.

Dr. Mandeep Singh

HOD Director

Directorate of Physical Education and Sports

University of Kashmir

MESSAGE

Message from Sheikh Aadil, Gymnasium Coach:

Dear Readers,



I am pleased to connect with you through our newsletter from the Directorate of Physical Education and Sports, University of Kashmir. This platform allows us to share updates and insights into the various activities and programs offered at our gymnasium.

At the gymnasium, we strive to promote physical fitness, wellness, and a healthy lifestyle among our university community. Our programs are designed to cater to the diverse needs and interests of our participants, ensuring everyone can find activities that suit their preferences and goals.

I would like to express my gratitude to our dedicated gymnasium staff and participants whose enthusiasm and commitment contribute to the vibrant atmosphere at our facility.

Stay tuned to our newsletter for updates on upcoming events, fitness tips, and success stories from our gymnasium community.

Best regards,

Sheikh Aadil

Gymnasium Coach

Directorate of Physical Education and Sports

University of Kashmir

MESSAGE



Message from Dr. Iftikhar Ahmad Wani, Editor -in-Chief:

Dear Readers,

Welcome to the latest edition of our newsletter from the Directorate of Physical Education and Sports, University of Kashmir. As Editor-in-Chief, it is my privilege to present to you updates and insights into the diverse range of activities and initiatives organized by our Directorate.

Our Newsletter serves as a crucial platform to keep you informed about our efforts in promoting physical education, sports, and overall well-being within our university community. From highlighting achievements to sharing upcoming events and expert insights, we aim to inspire and inform our readership.

I extend my heartfelt appreciation to the dedicated contributors and team members whose hard work and passion make this newsletter possible. Together, we strive to foster a culture of excellence and engagement in all our endeavors.

I invite you to explore our newsletter further and stay connected with us as we continue to advance our mission of holistic development through physical education and sports.

Warm regards,

A handwritten signature in blue ink that reads "Iftikhar". The signature is written in a cursive style and is placed on a light grey rectangular background.

Dr. Iftikhar Ahmad Wani
Editor-in-Chief
Directorate of Physical Education and Sports
University of Kashmir



Kashmir University Model High School Students Explore Physical Education and Fitness at Directorate of Physical Education and Sports.



In a historic victory, the University of Kashmir's Men and Women Cricket Teams triumphed at the All India Six a Side Cricket Championship held at SGVU University in Jaipur, Rajasthan.



Director Physical Education and Sports Dr Mandeep Singh, interacted with the participating teams on the inaugural ceremony of 92.7 Big FM Knock Out Football Tournament at Synthetic Turf Ground TRC Srinagar.



Kashmir University Starts Intercollegiate Competitions: GDC Magam Clinches Gold in Cross Country.

KU organises intra-department road race



Srinagar, July 22: Sports reports and physical activities are essential components of student life. To promote fitness, teamwork and excellence across campuses, the Directorate of Physical Education and Sports (DPE&S), University of Kashmir (KU), in association with the Intra-Department Road Race on Wednesday, inaugurated the annual road race and marathons, held at the main campus.

A total of 17 students from various departments participated, including 10 boys and 7 girls representing different departments and faculty categories, an official spokesperson said in a statement issued here, adding that such activities are a regular feature of the Directorate.

On the occasion, H.E. Registrar (Prof. Muneer ul-Haq), motivated the students to engage actively in all sports activities. He commended the Directorate for organising such a significant event, underlining its importance for student growth and development.

Participants benefited from the competition as a spirit of healthy competition but also contribute to the overall well-being of

our students," Prof. Muneer said.

Dr. Mandeep Singh, Director (DPE&S), KU, highlighted the role of sports in achieving excellence and bringing recognition to the university and the state. "Participation in sports activities is crucial for the holistic development of our youth, not only in terms of fitness but also in building character," Dr. Singh said.

In the men's category, Bilal Ayub from the Department of Biochemistry won the Gold Medal, Arsal Haneef from the School of Law secured the Silver Medal while Anil Akhatar, pursuing MPhD in Education, secured the Bronze Medal, Dr. Singh said.

In the women's category, Inayat Dars, pursuing BPhEd in the Department of Education, secured the Silver Medal, while Anshika, pursuing MPhD in Education, secured the Bronze Medal, Singh added.

Asst. Prof. Acharya, Coordinator of the Department of Youth Services and Sports, KU, served as the chief guest for the event. The statement read.

KU organises Intra Department Road Race (Men/Women) 2024-25

Sports must for girls to develop healthy, positive attitude: KU VC

GDC Baramulla clinches Gold

Baramulla, June 27: The Director of Physical Education in Kashmir (DPE) has announced the results of the Inter-Collegiate Cross-Country Competition for girls held at GDC Baramulla. The results were as follows: GDC Baramulla clinched Gold, GDC Baramulla clinched Silver and GDC Baramulla clinched Bronze.

During the annual Inter-Collegiate Cross-Country event, more than a hundred girls from various colleges participated. The event was held at GDC Baramulla and was organized by the DPE.

The DPE, in his address, stressed the importance of sports in the holistic development of students. He said, "Sports are not just a means of physical fitness but also a way to develop a healthy and positive attitude. It helps in building self-confidence and a sense of achievement. It also helps in developing a team spirit and a sense of responsibility. It is, therefore, essential for every student to participate in sports and to develop a healthy and positive attitude through sports."

The DPE also announced the results of the competition. He said, "GDC Baramulla has won the Gold medal, GDC Baramulla has won the Silver medal and GDC Baramulla has won the Bronze medal. The results are as follows: GDC Baramulla (Gold), GDC Baramulla (Silver) and GDC Baramulla (Bronze)."



Students participating in the Inter-Collegiate Cross-Country Competition for girls held at GDC Baramulla.

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Inter College Competition Cross Country women (2024-25)



University of Kashmir organised its Inter- College Skiing Competition today at Gulmarg in which at least 15 colleges participated. This thrilling event have showcased the talent and skills of students from various colleges across the region



Kashmir University initiated Inter-Departmental Tournament Inaugural Cricket Match Between Department of Management Studies vs Department of Mathematics.

KU organises inter-deptt cycle race



Dr. Hardeep Singh

The Director of Physical Education and Sports (DPES), University of Kashmir (KU), Friday organised an 'Inter-Department Cycle Race' for both men and women, here at the main campus.

A statement said that 47 students representing various departments and satellite campuses, including 32 boys and 15 girls, participated in the competition, an official statement issued here said.

Prof. Ashish Natar from HVTM (Hannan Vyom Prasarak Mandal), Mahasabtra, also an international gymnastic coach, flagged off the race.

In her message, KU Vice-Chancellor Prof. Nilofar Khan, highlighted the variety's commitment to providing comprehensive support in terms of infrastructure and facilitating student participation in national and international championships.

Dr. Hardeep Singh, expressed his satisfaction with the participation and overall performance of students.

He also expressed the university's dedication to organising All India/ North Zone inter-university championships.

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The event concluded with the distribution of prizes among the winners.

In the women's category, Rashia Bashir from the Department of Law, clinched the Gold Medal, Rashia Bashir from the Department of Physical Education and Sports, bagged the Silver Medal and the Bronze Medal was won by Mirza Zahoor from the Department of Social Work.

In the men's category, Mir Raza ul Karim from the Department of Mathematics grabbed the Gold Medal, Kashoor Farooq from North Campus bagged the Silver Medal and Adil Rashid from the Department of Zoology lifted the Bronze Medal.

"The Directorate of Physical Education and Sports looks forward to more such successful events in the future as well," the statement added.

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participation and overall response from all stakeholders. He anticipated even greater participation in future events.

He also emphasised the university's dedication to organising All India/ North Zone inter-university championships.

Presiding over the prize distribution ceremony, Dr. Ashish Natar congratulated all participants, particularly the medalists, and shared key insights for achieving success in future endeavours.

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School of Law, clinched the Gold Medal, Rashia Bashir from the Department of Physical Education and Sports, bagged the Silver Medal and the Bronze Medal was won by Mirza Zahoor from the Department of Social Work.

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"The Directorate of Physical Education and Sports looks forward to more such successful events in the future as well," the statement added.

KU Organises Inter Department Cycle Race 2024-25



Department of Psychology Wins Inter Department Table Tennis Women's Championship 2024 Trophy.

Intramural Hockey Tournament - 2nd Phase
KU familiarises MPEd students with organising sports events

MINAGAR: To familiarise the newly joined MPEd students with the organization of sports events, a selected group of the MPEd students of the 2nd phase of the Intramural Hockey Tournament, the Department of Physical Education and Sports (DPES), University of Kashmir (UK), today organized the second phase of the tournament.

The inaugural match was played between the 1st and 2nd phase of the tournament and was officiated by the newly joined MPEd students. The second phase will follow.



Head of the Department, Prof. Nadeem Khan, said that the students should be encouraged to participate in sports events and to organize them. He said that the students should be encouraged to participate in sports events and to organize them.



Intramural Hockey Tournament (2nd Phase)

KU launches first-ever annual sports calendar for session 2024-25

MINAGAR: To celebrate a vibrant sports culture and to provide a platform for students to showcase their talents, the University of Kashmir (UK) today launched its first-ever annual sports calendar for the session 2024-25.

The calendar, which is a comprehensive guide for students, contains details of various sports events, including inter-college and inter-university competitions, and provides necessary support to the participants.

The calendar will also provide a platform for students to showcase their talents and to provide a platform for students to showcase their talents.



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University of Kashmir Launches First-Ever Annual Sports Calendar

Observer News Service: In a landmark event, Vice-Chancellor University of Kashmir, Prof. Nadeem Khan, unveiled the University of Kashmir's first-ever annual sports calendar for the session 2024-25. The launch marks a significant milestone in the university's commitment to fostering a vibrant sports culture and raising awareness about sports events among students.

Prof. Nadeem Khan highlighted the importance of the sports calendar, stating that it will play a crucial role in informing students about upcoming sports events and encouraging greater participation.

The Vice-Chancellor emphasized the university's dedication to promoting sports and providing necessary support to student athletes.



The Registrar, Prof. Naiceer Iqbal, extended his best wishes for the successful release of the annual sports calendar. During the ceremony, the Vice-Chancellor also felicitated the medalists of the All India Peskar Slat and Qasim Ki Do contingents.

KU Launches First Ever annual Sports Calendar for session 2024-25



Director Finance Mr Bashir Ahmed Haji and Director Physical Education had a brief interactive meeting today in the office Chamber of the DPES.



Meeting convened by the Director, Sports, KU with Physical Directors of Affiliated Colleges. A meeting of the Physical Directors of all affiliated colleges of the University of Kashmir was convened on April 18, 2024 at Gandhi Bhawan to foster a sports culture within the college/university community.



Star Cricketer of University of Kashmir Mehran Nisar shared his experience after coming back victorious from the recently concluded Vizzy Trophy at Guwahati.

Hon'ble Vice Chancellor Prof Nilofar Khan and Registrar University of Kashmir Prof Naseer Iqbal felicitated Mehran Nisar for his selection in Vizzy Trophy.



Vice Chancellor Trophy unfurled;
Students XI lifts Amad e Ramdhan
Trophy



Vice-Chancellor of University of Kashmir Prof Nilofer Khan flagged off a Skiing contingent for a snow skiing course to be held at Gulmarg.



YOUNG STUDENTS FROM SCHOOL VISITED KASHMIR UNIVERSITY ESPECIALLY DIRECTORATE OF PHYSICAL EDUCATION & SPORTS FOR HAVING INFORMATION REGARDING SPORTS/GAMES FOR THEIR FUTURE PROSPECTUS

Editorial Committee for Souvenir

Dr. Mandeep Singh
Director, DPE&S



Dr. Naseer Ahmad Bhat
Assistant Professor



Mr. Sheikh Adil
Gymnasium Coach



Dr. Iftikhar Ahmad
Assistant Professor



Mr. Manzoor Ahmad Mir
Section officer



Dr. Iqbal Kabir
Assistant professor



Ms. Surjeet Kour
Lady Sports Assistant



Mr. Tauseef Ahmad Khan
Data Entry Operator



Thanking to Honorable Vice Chancellor,



Prof. Nilofer Khan
Hon'ble Vice Chancellor

The Directorate of Physical Education & Sports at the University of Kashmir extends heartfelt thanks to our esteemed Vice Chancellor, Professor Nilofer Khan, for her steadfast support and visionary leadership in all events organized by the directorate, including the 3rd International Conference on Yoga and Sports for Global Wellbeing. Professor Khan's dedication to fostering academic excellence and promoting holistic well-being has been instrumental in shaping the success of this conference. Her visionary approach continues to inspire us to reach new heights in our academic and extracurricular endeavors. We are privileged to have her guidance and unwavering support.

Acknowledgment for the
Registrar,



Prof Naseer Iqbal
Registrar,

The Directorate of Physical Education & Sports at the University of Kashmir expresses sincere gratitude to Professor Naseer Iqbal, Registrar of the university, for his invaluable support and strategic guidance in all events organized by the directorate, including the 3rd International Conference on Yoga and Sports for Global Wellbeing. Professor Iqbal's commitment to excellence and his vision for integrating physical education with academic pursuits have been pivotal in shaping the success of this conference. His leadership continues to inspire us to innovate and excel in promoting global well-being through education and sports. We are grateful for his dedicated contributions and unwavering support.
