

INTER- COLLEGIATE CROSS COUNTRY (MEN) CHAMPIONSHIP 2017-18

DATED - 22.08.17



The Directorate of Sports & Physical Education, University of Jammu, Jammu organized Inter-Collegiate Cross Country (Men) Championship 2017-18 at Jammu University Campus in which 29 Athletes from 15 colleges took part. With the commencement of the Inter-Collegiate Cross Country (M) Championship today i.e. 22nd August, 2017, the activities of the Annual Sports Calendar of the University of Jammu for the session 2017-18, started which will be continued till March, 2018.

Prof. Keshav Sharma, Dean Academic Affairs, University of Jammu, Jammu flagged off the race along with **Prof. Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu.

Others dignitaries present on the occasion were Prof. J P.S Joorel , Prof. Sushil Sharma, Prof. Vinay Chouhan, Prof. Satya Pal, Sh. Romesh Sharma, Sh.Sumnesh Sharma G.D.C. Samba, Sh.Mahesh Sharma G.G.M.Sc. Coll. Dr. Mandeep Singh GDC R.S.Pura , Dr. Rajesh Sharma G.D.C. Kathua, Sh. Balbir Singh Govt. MAM Coll. Sh. Manish Charak G.D.C. Paloura, Sh. Rakesh Kumar G.D.C. Reasi, Sh. Shajad Ali G.D.C. Bishnah, Sh. Ashwani Bali G.D.C. Akhnoor, Sh.Pardeep Kumar G.D.C. Ramnagar, Sh. Anil Kumar G.D.C. Hiranagar,

The following Officials who conduct the event were Sh. Nirmal Singh (Athletics Coach), Sdr Harsimran Singh (Athletics coach) Raj Kumar Bakshi Sh. Gagan Kumar, Sh. Ravish Vaid, Sh. Vikas Karlopie, Sh. Vinay Manhas, Sdr Harinder Pal Singh, Sdr P.D. Singh and Sh. Jai Bharat and students of M.P. Ed and B.P. Ed under the overall supervision of Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu, Jammu.

Madan Singh of GDC Kathua clinched Gold Medal by completing the race in 47:10 mins. whereas Riaz Ahmed of GDC Paloura and Mohd. Tariq Aziz of GDC Rajouri stood 2nd and 3rd positions by completing the race in 48:18 mins and 48:26 mins respectively.

INTER- COLLEGIATE CROSS COUNTRY (WOMEN) CHAMPIONSHIP 2017-18

DATED - 23.08.17



The Directorate of Sports & Physical Education, University of Jammu, Jammu organized Inter-Collegiate Cross Country (Women) Championship 2017-18 at University Campus, University of Jammu, Jammu in which 16 Athletes from 09 affiliated colleges of the University participated.

Dr. Meenakshi Kilam, Registrar, University of Jammu, Jammu flagged off the race in Women section along with **Prof. Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu.

Others dignitaries present on the occasion were Prof. J P. S Joorel, Prof. Parkash C. Antahal, Prof. Vinay Chouhan, Prof. Satya Pal, Dr. Vinod Bakshi G.C.W. Udhampur, Sh. Sumnesh Sharma G.D.C. Samba, Dr. Sumit Dubey G.D.C. Kathua, Sh. Pardeep G.C.W. Kathua , Sh. Manish Charak G.D.C. Paloura, Sh. Shajad Ali G.D.C. Bishnah,

The following Officials conduct the event Sh. Nirmal Singh (Athletics Coach), Sdr Harsimran Singh (Athletics coach), Raj Kumar Bakshi, Sh. Gagan Kumar, Sh. Ravish Vaid, Sh. Vikas Karlopiya, Sdr Harinder Pal Singh, Sh. Jai Bharat and students of M.P. Ed and B.P. Ed under the overall supervision of Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu, Jammu.

INTER-COLLEGIATE CHESS (M&W) CHAMPIONSHIP 2017-18

Dated 28-8-2017

The above said Championship organized by the Directorate of Sports & Physical Education, University of Jammu commenced today at the Directorate Indoor Hall.

Earlier, **Prof.Avtar S. Jasrotia**, Director Sports & Physical Education, University of Jammu declared the Championship open in the presence of Sumesh Sharma, Dr. Vinod Bakshi, Prof. B. D Sehgal, Dr. Sumit Dubey, Engg. Anil Gupta, Tanvir Ahmed, Rakesh Kumar Meenia, Jatinder Singh and Tehseen Abas and technical staff of the Directorate of Sports & Physical Education, University of Jammu.



The final matches of men & women section of the above mentioned championship organized by the Directorate of Sports and physical Education, University of Jammu at the indoor hall of the Directorate were played today i.e. 28th Aug. 2017.

Men Section:

Govt. MAM college team beat GDC Udhampur team by 3-2 points and won the men Championship. The match remained 2-2 draw and decided through best v/s best game.

Women Section:

GWC Parade team beat PG Deptt. of Jammu University by 3-2 points and won the women Championship. The match remained 2-2 draw and decided through best v/s best game.

Prof. Avtar S. Jasrotia, Director Directorate of Sports and Physical Education, University of Jammu awarded trophies and medals to the winner and runner up team players of the Inter-Collegiate Chess (M&W) Championship 2017-18 in the presence of Prof. B D Sehgal, Balbir Singh Chib, Ms. Suman Lata, Raj Kumar Bakshi, Ravish Vaid, Gagan Kumar, Sushil Sawhney, Vikas Karlopie, Jai Bharat and P D Singh.



INTER COLLEGIATE TABLE TENNIS TOURNAMENT(M&W) 2017-18

P.G. Departments of University of Jammu lifts the inter-collegiate tournament both in men and women section. Dr. Dharminder Magotra, Joint Registrar(Fin) was the Chief Guest on the occasion along with **Prof. Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu, Jammu and interacted with the finalists of the tournament and distributed the trophies among the winners. Among others present in the occasion was Dr. Brij Baloria, Sh. Ramesh Sharma, Sh. Ramesh Magotra, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, Sh. Vikas Karlopie, S.P.D. Singh and Ms. Suman Lata etc.

All the matches were officiated by Sh. Ravish Vaid, Sh. Gourav Sharma, and Kumar Tarun.



UNIVERSITY OF JAMMU CELEBRATED NATIONAL SPORTS DAY 2017 Dt: 29.08.17

The Directorate of Sports & Physical Education, University of Jammu today celebrated the

National Sports Day on the eve of the birth anniversary of the **Hockey Wizard, Major Dhyan Chand**. On the occasion, an exhibition Hockey Match was played between the teams of M.P. Ed and B.P. Ed course which was won by M.P. Ed team by 2-1 goals. Rahul Bansh and Abhinandan Singh scored the goals for the M.P. Ed team whereas Sanjeev Sharma scored the only goal for the B.P. Ed team. Both the teams displayed good game.

Prof. R.D. Sharma, the Esteemed Vice Chancellor, University of Jammu was the Chief Guest on the occasion, who paid a tribute to the magician of the Hockey, Major Dhyan Chand by garlanding the photo of the Major Dhyan Chand along with the **Prof. Avtar Singh Jasrotia**, Director, Sports & Physical Education, University of Jammu. In his address to the sports persons after awarding Trophy to the winner team, Prof. R.D Sharma lauded the efforts of the organizers for celebrating the National Sports Day for the first time in the history of University of Jammu and congratulated the players for their participation with an advise for the players to play the game with full commitment to excel. Others present on the occasion were Dr. Neeraj Sharma Spl.Secy. to the V.C, Sh. Ranjit Kalra, sports advisor to the union territory of Lakshdeep, Sh.Ramesh Chander Sharma, Sh.Ramesh Magotra, Dr.Brij Baloria, Sh.H.S.Chib, Sh.Kuldeep Magotra, H.S.Gill, Sh.Mahesh Sharma, Sh.Raj Kumar Bakshi, Sh.Ravish Vaid, Sh.Gagan Kumar, Sh.Vikas Karlopie, Sh.Jai Bharat, Sh.Dheeraj Sharma, Sh.Vikram Jamwal, Vinay Manhas, Harinderpal Singh, P.D.Singh and staff and students of the Directorate of Sports and Physical Education as well as the University of Jammu.



INTER-COLLEGIATE VOLLEYBALL(W) TOURNAMENT 2017-18

The inaugural match was played between GDC Jindrah and GCW Udhampur in the Inter-Collegiate Volleyball(Women) Tournament 2017-18 organized by Directorate of Sports & Physical Education, University of Jammu at University Sports Stadium. A total of 20 teams have confirmed their entries. Earlier, in the inaugural match, GCW Udhampur beats GDC Jindrah by (2-0) sets with set score 25-13, 25-09. The other three matches ended with walkovers. **Prof Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest on the inaugural function of the tournament.

Others among Dr. Vinod Bakshi, Ms. Shikha, S. Inderjeet Singh, Sh. Ravish Vaid, Sh. Ramesh Magotra, Sh. Vikas Karlopiya, Sh. Gagan Kumar were also present on the occasion. The matches were officiated by the technical panel of experts including Sh. Manik Nargotra, Sh. Naresh Kumar, S. Amarjeet Singh, Sh. Mulkh Raj and Sh. Amit Sharma.



INTER-COLLEGIATE VOLLEYBALL(W) TOURNAMENT 2017-18

P.G Deptt lifts Inter-Collegiate Volleyball (W) Trophy

The final match was played between P.G Deptt and GCW Gandhinagar in the Inter-Collegiate Volleyball(Women) Tournament 2017-18 organized by Directorate of Sports & Physical Education, University of Jammu at University Sports Stadium.

Earlier, in the final match, P.G Deptt beats GCW Gandhinagar by (3-0) sets with set score 25-13, 25-19, 25-16. **Prof Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest in the final match of the tournament.

Others among Dr. Brij Baloria, Ms. Suman Lata, Sh. Ramesh S. Jasrotia, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Vikas Karlopiya, Sh. Gagan Kumar were also present on the occasion. The final match was officiated by the technical panel of experts including Sh. Manik Nargotra, Sh. Naresh Kumar, Sh. Mulkh Raj and Sh. Amit Sharma.



INTER-COLLEGIATE CRICKET(M) TOURNAMENT 2017-18

In the first match organized by the Directorate of Sports & Physical Education, University of Jammu at the University Cricket Ground under the overall supervision of Prof. Avtar Singh Jasrotia, Director, played between the teams of the GDC Kishtwar V/s GDC Thanamandi. The toss won by GDC Kishtwar and decided to bat first. The total score was 183 for the loss of 02 wickets. GDC Thanamandi scored 80 runs all out. GDC Kishtwar won by 103 runs.



INTER-COLLEGIATE ARCHERY (MEN) CHAMPIONSHIP 2017-18

The Directorate of Sports & Physical Education, University of Jammu today organized the above said Championship at the University Stadium and the final results is as under:

Team Event: In the team event GDC Palouragot the 1st position with 130 score out of 360.

-Sajjad Hussain scored 54 points

-Ghulam Hussain scored 13 points

-Mustafa Ali scored 42 points

-Shabir Hussain scored 21 points

2nd position goes to GGM Sc.College Jammu with 45 points.

-ShubamKerni scored 15 points

-Varun Sharma scored 15 points

-Sanjay Kumar scored 12 points

-Arjun Dev Singh scored 03 points

3rd position goes to Govt. MAM College Jammu with 27 points.

-Ahmed Hussain scored 27 points

Individual Event: In the individual event of 30 meters' distance Sajjad Hussain of GDC Paloura and won the gold.

-Silver goes to Mustafa Ali of GDC Paloura with 42 points.

-Bronze goes to Ahmed Hussain of Govt. MAM College Jammu with 27 points.

Prof. Avtar S. Jasrotia Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest of the valedictory function who awarded the winning trophy to the overall Championship winning team of GDC Paloura and medals to all the position holders of the Championship.



INTER-COLLEGIATE ARCHERY (WOMEN) CHAMPIONSHIP 2017-18

The Inter-Collegiate Archery(Women) Championship organized by the Directorate of Sports & Physical Education, University of Jammu at the University Sports Stadium concluded today which was won by the GCW Parade after defeating the GCW Gandhi Nagar by 07 points and the final results is as under:

Individual Event of 30-meter distance:

1. Jayshree of the GCW Parade (Gold Medal)
2. Kaniz Fatima of the GCW Parade(Silver)
3. Javed Akhter of theGCW Udhampur(Bronze)

Team Event of 30-meter distance:

Gold medal was won by the GCW Parade

Silver medal goes to the GCW Gandhi Nagar

Bronze medal was won by theGCW Udhampur

Prof. Avtar S. Jasrotia Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest of the valedictory function who awarded the winning trophy to the overall Championship winning team of GCW Parade (212 points).



INTER-COLLEGIATE HANDBALL (MEN) CHAMPIONSHIP 2017-18

Defending Champions once again show their supremacy:

P.G. Department lifts Inter-Collegiate Handball(M) Tournament 2017 by defeating Govt. S.P.M.R. College of Commerce with a close margin of 16-14 score of the ongoing Inter Collegiate Handball(Men) Tournament 2017-18 organized by the Directorate of Sports and Physical Education, University of Jammu at University Sports Stadium.

Earlier SPMR College of Commerce was leading by 01 goal in the 1st half but in 2nd half P.G. Department played extremely well and finally won the match with 16-14 goals on the score board. Sourav Pawar, Varun Gupta, Himanshu Atri and Sarthik were the star performers from the winning side while Ishan and Jasmin also defended well from the S.P.M.R College of Commerce.

Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest on this final match and awarded the winning trophy to P.G. Department. Others who were present on the occasion, include Shafkat Jahangir, Vikas Karlopiya, Ravish Vaid, Raj Kumar Bakshi and Sh. Gagan Kumar.

The final match was officiated by Karun Magotra, Amit Sharma, Priya Devi, Narinder Singh and Vipin Photra.



VICE-CHANCELLOR INNAUGURATED COMPUTER LAB

Prof. R.D. Sharma, Vice Chancellor University of Jammu today inaugurated the newly established Hi-tech Computer Lab of the Directorate of Sports & Physical Education, University of Jammu. The said Lab has been established to conduct the practical part of the Computer Application in Physical Education, subject taught to the B.P. Ed Course students and Information & Communication Technology in Physical Education to the M.P. Ed Course students.

Prof. Sharma after inaugurating the Lab. also inspected the Library of the Directorate and had a brief interaction with the students of the B.P. Ed & M.P. Ed courses and faculty of the Directorate along with Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu. During interaction with the students, Prof. Sharma enquired about the facility provided to them by the Directorate, their time table etc.

Prof. Sharma congratulated the Director Sports and his entire team for the establishment of such a Hi-tech Computer Lab. and advised the students to get maximum benefit of the Lab.

Other present on the occasion were Dr. Neeraj Sharma, Special Secretary to the Vice Chancellor, Dr. Brij Balaria, Sh. Ramesh Sharma, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Jai Bharat, Sh. Vinay Manhas, Sh. Harinder Pal Singh, P.D. Singh and staff of the Directorate of Sports and Physical Education, University of Jammu.



INTER COLLEGIATE BASKETBALL(WOMEN) TOURNAMENT 2017-18

The GCW Parade clinched the Inter Collegiate Basketball(women) 2017-18 title by defeating P.G. Department by 32-29 in a nail biting match of the ongoing Inter Collegiate Basketball (Women) Tournament 2017-18, organized by the Directorate of Sports & Physical Education, University of Jammu at University Basketball Court.



Earlier, in the final match GCW Parade took the lead in first two quarters by 20-05. But in 3rd and 4th quarters Abhileen Kaur, Kanupriya Dubey and ShivaliKumari showed their experience and come closure to 29-28 points with 40 seconds remaining in the last quarter. PratibhaTagotra and Harman Kour were the star performers and ended the match with final score on the board was 32-29 points.

Prof.Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest on the occasion and awarded the winning trophy to GCW Parade team.

Others who were present on the occasion include Ms.Suman Lata, Sh.Ramesh Magotra, Sh.Ramesh Singh Jasrotia, Sh.Raj Kumar Bakshi, Sh.Ravish Vaid, Sh.Gagan Kumar, Sh.Vikas Karlopie and S.Harinderpal Singh

The final match was officiated by Sh. Rajesh Bandral, Shubham Sharma, Kunal Gupta, Rishabh Bakshi and Romesh Singh.



INTER-COLLEGIATE KHO-KHO (M & W) CHAMPIONSHIP 2017-18

The Inter-Collegiate Kho-Kho(Women) Tournament 2017-18 was held at University Sports Stadium, University of Jammu organized by Directorate of Sports & Physical Education, University of Jammu. Prof.Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest.

In the final match, GWC Parade beat P.G. Department by 04 points (07-03)

Those presents among others include Smt.Suman Lata, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Vikas Karlopa, Harinderpal Singh, P.D. Singh, Sh. Jai Bharat and Sh. Gagan Kumar.

In the Final Match of the Men Section, GDC Akhnoor beat GDC Samba by 01 point and the score was 10-09. Both the teams played good game and at the end GDC Akhnoor won the title.

Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu appreciated the efforts of the players of GDC Akhnoor team and awarded the winner trophy to the team.

Others present there were Ms.Suman Lata, Sumnesh Sharma, Ashwani Bali , Pardeep Kumar P.D.Singh

The match was officiated by Sh. Dheeraj Sharma, Sh.Anil Kumar, Jagdev Singh, Palbinder Singh, Kamaljeet Kour and Gagan Kumar.





INTER – COLLEGIATE POWERLIFTING (MEN) CHAMPIONSHIP 2017-18

The Directorate of Sports & Physical Education, University of Jammu organized the above said Championship at the Police Stadium, Gulshan Ground Jammu, in which players from the eight different colleges of the Jammu Province affiliated with the University of Jammu participated and the final result is as under:

Prof. Avtar Singh Jasrotia Director Sports & Physical Education, University of Jammu was the chief guest of the valedictory function and awarded the medals to the position holders and overall Championship winning trophy to the GGMSc. college team which scored 17 points and won the Championship.

Mrs. Vijay Kumari, Sh. Munish Charak, Sh. Jai Bharat & Sh. P.D Singh were also present on the occasion.

The Championship was officiated by Dr. Dhanraj Singh Slathia, Sh. Dayalsingh, Sh. Nitin, Sh. Harish & Sh. Aman Khajuria.



INTER COLLEGIATE BASKETBALL(MEN) TOURNAMENT 2017-18

GGM Science College, Jammu lifts the Inter Collegiate Basketball(Men) Trophy by defeating SPMR College of Commerce by (57-40) score organized by the Directorate of Sports & Physical Education, University of Jammu at University Basketball Court. Hritik Khullar, Arjun Dev Jamwal and Usman Rashid were the star performers from GGM Science College while Pranav Dubey and Neeraj Manhas also defended well from SPMR College of Commerce.

The final match was held under the supervision of Prof. Avtar Singh Jasrotia, Director, Directorate of Sports and Physical Education, University of Jammu.

Others present on the occasion were Prof. Venus Sharma, Prof. Rahul Sharma, Sh. Mahesh Sharma, Prof. Neeraj Sharma, Sh. Vikas Karlopiya, S. Harinderpal Singh, Sh. Vinay Manhas, Mr. Sajad Ali.

The final match was officiated by Sh. Rajesh Bandral, Sh. Rohit Chibber, Sh. Ranbir Singh, S. Harpreet Singh and Sh. Sumit Dogra.

The Inter-Collegiate Basketball (W) Tournament 2017-18 will be held w.e.f. 26.09.2017 to 28.09.2017 at the University Basketball Court of the University of Jammu.





INTER COLLEGIATE BADMINTON (M&W) TOURNAMENT 2017-18

Inter Collegiate Badminton (Men & Women) Tournament 2017-18 played at Gymnasium Hall, University of Jammu.

Today the Semi-Final Matches of Women Section and quarter final matches of Men Section were played.

1st and 2nd Semi- Final(Women) :

1. ASCOM beat P.G.Department by 2-1
2. GCW Gandhi Nagar beat GGM Science College by 2-0

The GCW Gandhi Nagar team will play with ASCOMS for the title.

Men Section:

1. 1st Quarter final : GDC Udampur beat IMS Patoli by 3-0
2. 2nd Quarter final : GDC Kathua beat GCET by 3-0
3. 3rd Quarter final : M.A.M. College beat GDC Akhnoor by 3-0
4. 4th Quarter final : P.G.Department beat Y.C.E.T. by 3-0

All the matches were officiated by Sh.Ravish Vaid, Sh.Rakesh Verma, Sh.Taran Pal Singh, Sh.Pushap Thakur, Sh.Manmohan Sharma, Sh. Ankit Sharma and Sh. Maninder Singh

The final of women section will be played tomorrow at 11.00 a.m.

The tournament is being organized by the Directorate of Sports & Physical Education, University of Jammu under the supervision of Prof.Avtar Singh Jasrotia, Director, Directorate of Sports and Physical Education, University of Jammu.



Vice-Chancellor Felicitated the University of Jammu Chess Team.

Prof. R D Sharma, the Vice-Chancellor University of Jammu felicitated the University of Jammu Chess team in the presence of Dr. Minakshi Kilam the Registrar, Prof. Avtar S. Jasrotia Director Sports and other officials, which won the silver trophy of the State Open Inter- University Chess Championship 2017-18 organized by the Shri Mata Vaishno Devi University Katra.



INTER COLLEGIATE HANDBALL (WOMEN) CHAMPIONSHIP 2017-18

The players of GCW Parade Handball(Women) Team once again show their supremacy and retained the title of Inter-Collegiate Handball (Women) Tournament 2017-18 by defeating combined side of P.G. Departments in the final match of the ongoing Inter-Collegiate Handball (Women) Tournament 2017-18 by (7-3) goals organized by the Directorate of Sports & Physical Education, University of Jammu held in the University Sports Stadium. **Prof. Avtar Singh Jasrotia**, Director, Directorate of Sports and Physical Education, University of Jammu was the Chief Guest in the Final Match and awarded the winner trophy to GCW Parade.

Others among Dr. Brij Baloria, Ms. Suman Sharma, Sh. Ramesh Magotra, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Vikas Karlopiya were also present on the occasion.

The final match was officiated by the technical panel of experts including Gourav Sharma, Vinay Sharma, Priya Devi and Sanjeev Sharma.



INTER COLLEGIATE FOOTBALL (MEN) CHAMPIONSHIP 2017-18

MBS College, Jammu lifts the Inter Collegiate Football (Men) Trophy by defeating SPMR College of Commerce by (1-0) score organized by the Directorate of Sports & Physical Education, University of Jammu at University Football Ground.

Prof. Avtar Singh Jasrotia, Director, Directorate of Sports and Physical Education, University of Jammu was the Chief Guest in the Final Match and awarded the winner trophy to MBS College. Others among Sdr H.S.Gill, Sh. Ravish Vaid, Sh. Gagan Kumar and Sdr. Charanjit Singh were also present on the occasion.





INTER COLLEGIATE WRESTLING (WOMEN) TOURNAMENT 2017-18

Today i.e. on 24th Oct. 2017 the above said championship was a organized by the Directorate of Sports & Physical Education, University of Jammu at its Gymnasium Hall. The overall championship was lifted by the GCW Parade Jammu with 29 points.

Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu awarded the winner trophy to the GCW Parade team, which won the overall championship.

Sh.Jai Bharat, Sh.Bansi Lal Tidy, Sh.Mulkh Raj Sharma and Sahil Sharma officiated the championship. Trophy awarding photograph is attached.



INTER-COLLEGIATE WRESTLING (MEN) CHAMPIONSHIP 2017-18

The Inter-Collegiate Wrestling(Men) Championship 2017-18 was held at University Gymnasium Hall, University of Jammu, organized by Directorate of Sports & Physical Education, University of Jammu from 12th Oct.2017 to 13th Oct.2017 in which 12 different affiliated colleges of University participated. Overall Championship won by GDC Akhnoor with 13 points and GDC Bishnah remain runner up with 10 points.

The bouts were officiated by Jai Bharat, Bansilal Tadiyal, Mulkh Raj Sharma, Sahil Sharma



INTER COLLEGIATE VOLLEYBALL(MEN) TOURNAMENT 2017-18

Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest in the 1st Quarter Final Match between GDC Samba and GDC Akhnoor and interacted with the players of both the teams in the ongoing Inter-Collegiate Volleyball(Men) Tournament 2017-18 organized by the Directorate of Sports & Physical Education, University of Jammu at University Sports Stadium.





INTER COLLEGIATE VOLLEYBALL(MEN) TOURNAMENT 2017-18

GDC Udhampur College Lifts Volleyball(Men) Trophy 2017-18

GDC Udhampur College Clinches Volleyball(Men) title by defeating GDC Hiranagar College team in the ongoing Inter-Collegiate Volleyball(Men) Tournament 2017-18 organized by Directorate of Sports & Physical Education, University of Jammu at University Sports Stadium.

In the final match GDC Udhampur outplayed GDC Hiranagar by (3-2) sets with set score (26-24), (25-21), (22-25), (20-25) and (16-14). Ruben Teji, Joy Pawar and Daleep Singh were the star performers of the match while Sourav Sharma, Rishav Jasrotia and Harith Sharma also played well for the GDC Hiranagar team.

Prof. Avtar Singh Jasrotia, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest of the final match who appreciated the efforts of the players of both the teams and awarded winning trophy to the GDC Udhampur team.

Earlier in the first semi-final match played in the morning session GDC Hiranagar outplayed GDC Samba by 3-0 sets with set score of (25-19), (25-11) and (26-24). In the second semi-final match GDC Udhampur beats P.G. Department Jammu University team by (3-1) sets with the set score of (26-24), (28-26), (18-25) and (25-20).

Others present there on the occasion were Anil Kumar, Balbir Singh Chib, Smt. Vijay Kumari, Sh. Gagan Kumar, Sh. Ravish Vaid, Sh. Jai Bharat, Sh. Vikas Karlopiya, Sh. Amit Jamwal, Sh. Ramesh Magotra, Dr. Brij Bhaloria, Sh. Vinay Manhas, Sh. Pardeep Sharma, S. Harinderpal Singh.

The final as well as the semi-final matches were officiated by the technical panel of officials including Amit Sharma, Mulkh Raj Sharma, Amarjeet Singh, Naresh Kumar and Manik Nargotra.



INTER COLLEGIATE HOCKEY (MEN) CHAMPIONSHIP 2017-18

The GDC Kathua Hockey Team won the above said tournament by beating the Govt.MAM College team by 5-4 goals in the final match played today at the University Hockey Field. The said tournament was organized by the Directorate of Sports & Physical Education, University of Jammu. Total ten teams participated in the tournament. The final match remained one-one draw in the stipulated time and decided through the tie-breaker.

Sandeep Singh scored a field goal for the Kathua team in the 28th minute in the stipulated time. Sahil Chib scored a goal for the MAM College team in the 54th minute in the stipulated time.

In the tie-breaker (shot out) Gopal Singh, Sukhwinderpal Singh, Jagmeet Singh and Sandeep Singh scored goals for the GDC Kathua team.

For the MAM College team Gurpreet Singh, Harsh Vaid and Sahil Chib scored goals in the tie-breaker.

Both the teams played good game which was appreciated & enjoyed by the spectators.





Prof. R.D. Sharma, Esteemed Vice Chancellor, University of Jammu was the Chief Guest of the valedictory function who interacted with the players of both the teams and officials of the tournament and also awarded trophy to the winner team along with **Prof. Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu.

Others present there were Prof. J.P. Singh Joorel (Director HRD Centre University of Jammu, Dr. Neeraj Sharma (Spl. Secretary to the Vice Chancellor), Prof. Ashok Kumar, Prof. Subhash Sharma, Prof. Kuldeep Singh, Sh. Sumnesh Sharma (Physical Director), Pawan Singh Bhau, Gurpreet Singh, Rajinder Singh, Harmanan Singh, Gagan Kumar, Vikas Karlopie, Ravish Vaid, Jai Bharat, Dr. Brij Baloria, Sh. Ramesh Magotra, Harinderpal Singh and Arjun Singh Chib.

The match was officiated by Karanjeet Singh, J.S.Reen , Harmeeek Singh, Harvinderpal Singh and P.D.Singh.



INTER COLLEGIATE JUDO (MEN & WOMEN) CHAMPIONSHIP 2017-18

Inter- Collegiate Judo(Men) Championship organized by Directorate of Sports & Physical Education, University of Jammu concluded at Gymnasium Hall. GDC Kathua lift the overall judo championship trophy by gaining 24 points and GDC Paloura remain runner up with 16 points.

Officials of the bouts:

Arshi Nad, Vikas Dogra, Suraj Bhan Singh, Virender Sharma, Pankaj Sharma

The Inter-Collegiate Judo Championship 2017-18 concluded today at Gymnasium Hall, University of Jammu, organized by the Directorate of Sports & Physical Education, University of Jammu. **Prof.Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu awarded the trophy to the winning GCW Parade Team.

Overall championship won by GCW Parade with 30 points & GCW Gandhi Nagar remains runner-up with 22 points.



INTER COLLEGIATE BOXING (MEN) CHAMPIONSHIP 2017-18

The Inter-Collegiate Boxing (Men) Championship concluded today at University Stadium, University of Jammu organized by the Directorate of Sports & Physical Education, University of Jammu. **Prof. Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu was the Chief Guest. The Overall Trophy won by P.G. Department with 21 points and the GDC Udhampur remained runner up with 19 points.

Officials who were present include Sanjeev Jamwal, Harinder Pal Singh, Aman Sangral, Sarfraz, Sajad Ahmed.





THREE DAY YOGA WORKSHOP

A Three Day Yoga Workshop, organized by Human Resource Development Centre, University of Jammu which was inaugurated by **Prof. Avtar Singh Jasrotia**, Director, Directorate of Sports & Physical Education, University of Jammu w.e.f. 8th to 10th Nov.2017 in the Gymnasium Hall of Directorate of Sports & Physical Education, University of Jammu.

The Prof. J.P. Singh Joorel, the Director Human Resource Development Centre University of Jammu in his speech has given emphasis on the importance & benefits of Yoga. Large number of Scholars of different Departments of the University have registered themselves for attending the Three Day Yoga Workshop and also participated in the today's session of the said workshop.

The eminent persons Sh. Shreyansh Kumar Jain and Mr. Sanjeev kumar, Yoga Teachers conducted the practical sessions of the workshop. Dr.T.R. Raina interacts with the participants on the values of Yogic Science in present day of life.



A Three Day Yoga Workshop which was commenced on 8th Nov.2017 at the Gymnasium Hall of the Directorate of Sports & Physical Education, University of Jammu organized by the Human Resource Development Centre, University of Jammu (w.e.f. 8th Nov.- 10th Nov.2017) for the Scholars of the University of Jammu.

Prof. R.D. Sharma, Esteemed Vice Chancellor, University of Jammu was the **Chief Guest** on the concluding day of the workshop. In his address, the Vice Chancellor advised to the participants to practice Yoga regularly for the mental, physical fitness & spirituality.

In his welcome address, **Prof. Avtar S. Jasrotia**, the Director, Directorate of Sports & Physical Education, University of Jammu, presented the detailed report of the activities done during the organization of the said workshop.

Prof. P.D. Singh Joorel, Director, HRD Centre, University of Jammu also spoke on the relevance of yoga in day to day life. The resource persons who delivered their lectures on Yoga, Yogic Science, Holistic health, Stress Management, Spirituality and Practical Sessions include Dr.T.R. Raina, Sh.S.K. Jain, Dr. Mahesh Chander Sharma, senior scientist Rajan Salali and Sh. Sanjeev Kumar.

Vote of thanks was presented by Sh. Sanjeev Kumar, Teaching Assistant of the Yoga Centre.

Others present there were Sh. Ramesh Magotra, Dr. Brij Baloria, P. D Singh, Raj Kr.Bakshi, Ravish Vaid, Gagan Kumar, Vikas Karlopie, Harinderpal Singh, Jai Bharat and Vinay Manhas.









