

Jammu University lifted 1st Chancellor's Athletic Championship Trophy

1stJ&K Chancellor's Athletic Meet for Men & Women organised by Islamic University of Science and Technology, Awantipora Srinagar on 6th September and 7th September, 2022.

The Athletic Meet took off with a vibrant start with Inauguration by **Sh. Manoj Sinha**, Hon'ble Lt. Governor of J&KUT and Chancellor of the University. He took salute from the colourfully dress marching contingents of different universities of Jammu and Kashmir including:

- 1 University of Jammu
- 2 Islamic University of Science and Technology (Host)
- 3 University of Kashmir
- 4 Cluster University of Srinagar
- 5 NIT Srinagar
- 6 Baba Gulam Shah Badshah University Rajouri
- 7 SKUAST Jammu
- 8 SKUAST Kashmir

On the 1stDay of the events Jammu University won

- 5 Gold Medals
- 4 Silver Medals
- 1 Bronze Medal

On the 2ndday Jammu University bagged

- 7 Gold Medals
- 2 Silver Medals

A total of 12 Gold 6 Silver and 1 Bronze Medal won by University of Jammu students and clinched Overall Championship Trophy with 77 points followed by the host Islamic University of Science and Technology with 32 and Cluster University Srinagar with 31 points respectively.

Prof. ShakeelRomsoo, Vice Chancellor Islamic University of Science and Technology was the Chief Guest on the Valedictory function of the Ist J&K Chancellor's Athletic Meet for Men & Women who awarded the trophies and medals to the winners and runners up.

The detailed result of the various events were as follows:

100mMen

Rajan- Gold

Women

Neha- Silver

200mMen

Vikas-Bronze

Women

Shivani- Silver

400m Men

Rohit- 4th

Women

Rigzin- Gold

1500mMen

Abhishek- Gold

Women

Tseten- Gold

Shot putMen

Sourav- Gold

Women

Jyoti- Silver

Relay Men team 4×100- Silver

Relay Women team 4×100-Gold

Discuss Men

Sourav- Gold

Women

Tsetan-Gold

Long Jump Men

Rajan- Silver

Women

Neha- Gold

Javelin Women

Rizgin- Gold

800 men

Abhishek- Gold

Women

Jyoti- Gold

The University of Jammu contingent was accompanied by Harinderpal Singh as Coach and Shivam Gupta as Manager.



Sh. Arun Malhotra formal Indian Football player visited Jammu University Football Ground.

On the request and invitation of Jammu University, **Sh. Arun Malhotra** visited Jammu University. Sh. Arun Malhotra who has represented Indian Football team for more than 6 years. He was part of Indian Football team who won **Gold Medal in L.G Cup held at Vietnam in 2002-03** and **Silver Medal in Afro Asian Games at Hyderabad in 2003-04** apart from other International competitions. He is proud son of soil hails from MohallaPahadiyan, Jammu also conferred with **Sher-e- Kashmir Award** by the Government of JK-UT.

It is a matter of proud and honored that on the request of Directorate of Sports and Physical Education, University of Jammu, he agreed to visit Jammu University and was honored with a memento as a token of respect. For the first time in the history of Jammu that a player who has represented India is now a technical member of All India Football Federation. During his visit, he interacted with staff member and particularly with Jammu University Football Coach **Sh. Gagan Kumar**. He also had detailed discussion with Director Directorate of Sports and Physical Education, **Dr. Daud Iqbal Baba** in which it was decided that Sh. Arun Malhotra will help in developing Jammu University Football Academy as an **Advisor** and will take technical session whenever he will visit Jammu.

In addition to this, while interacting with Sh. Gagan Kumar (Football Coach) and Dr. Daud Iqbal Baba, he emphasized that after initial few sessions and training of players of Jammu region, he will help in participating Jammu University football player in all the age groups of **Indian League (IL)** U-13, U-15 & U-18. He will also manage in brining National and International Coaches and players to impart skills and Training to the players. He will also help in bringing different teams of Academies to Jammu University for buildup matches.

A special emphasis will also be paid for the upliftment of Women football players as India is hosting U-17 FIFA World Cup from 11th to 13th October 2022.

Others present on the occasion were Mr. Vimal Kishore, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Vikas Karlopiya, S. Padam Dev Singh and Sh. Jai Bharat.





INTER-COLLEGIATE ARCHERY (MEN) TOURNAMENT 2022-23

Inter Collegiate Archery Tournament in Men Section 2022-23 begins in Directorate of Sports and Physical Education, University Ground. University of Jammu

Introduction of the teams was done by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu.

Among other present on the occasion were Sh. Jai Bharat, Sh. Vikas Karlopiya, Sh. Raj Kumar, P.D Singh, Sh. Sandeep Sharma, Narinder Sharma Sonu Kumari & Sanjeev Jamwal.

Result of Matches: -

Individual 30 meter

1. Ashutosh Singh	GDC Samba	Gold Medal
2. AkshitShrma	GDC Samba	Silver Medal
3. Rahul Kumar	GDC Samba	Bronze Medal

Team Event 30 meter

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|--|--------------|
| 1. GDC-Samba
Ashutosh Singh
AkshitShrma
Rahul Kumar | Gold Medal |
| 2. GDC Basholi
Munish Kumar
Sandeep Kumar
Mukesh Kumar | Silver Medal |
| 3. GDC Paloura
Harsh Singh
Gursewak Singh
Kanveerragotra
Ajay Kumar | Bronze Medal |

Compound 50 Meter

Pankaj Kumar	GDC Kakryal Katra	Gold Medal
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Matches were officiated by Sh. Jai Bharat, Darshana Sharma, Simi Kumari, PD Singh

Overall Trophy won by GDC Samba by securing 25 points & Runner-up GDC Basohli 09 points



Inter-Collegiate Yoga (M&W) Championship 2022-23

Inter-Collegiate Yoga Championship for men and women, organized by the Directorate of Sports & Physical Education, University of Jammu on 1st and 2nd December, 2022.

In men' team category, PG Department of University of Jammu bagged 1st position while 2nd & 3rd positions were clinched by GDC Mishriwala and GDC Doda respectively besides in individual category, the 1st position was won by Mudssar Ahmed PG Deptt. whereas 2nd & 3rd positions were secured by Baljinder Singh GCET and Parnva Verma YCET respectively.

In women' team category, GCW Parade bagged 1st position while 2nd & 3rd positions were clinched by PG Department University of Jammu and GCW Udhampur respectively besides in individual category, the 1st position was won by Risha Rajput GCW Parade whereas 2nd & 3rd positions were secured by Deepali Sharma GCW Parade and Nitika Sharma PG Deptt. respectively.

Dr. Daud Iqbal Baba Director, Directorate of Sports and Physical Education, University of Jammu awarded the trophies and medals to the winners in presence of Physical Director/teacher invited guest from the University and civil society.

The matches were officiated by technical panel of expert including Sh. Sanjeev Kumar Pandey, Sh. Anil Gupta, Sh. Mukesh, Sh. Anil Kumar, Sh. Sandeep Sharma, Ms. Deepti, Ms. Komal, Mr. Harinderpal Singh.

Prominent among others present on the occasion were Dr. Mandeep Singh, Dr. Vimal Kishore, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, S. Padam Dev Singh.





INTER-COLLEGIATE KHO-KHO (M) TOURNAMENT 2022-23

The Inter Collegiate Kho-Kho Tournament in men Section 2022-23 begins in the Directorate of Sports and Physical Education, University Ground. University of Jammu

Introduction of the teams was done by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu.

Among other present on the occasion were Dr. Mandeep Singh, Dr. Vimal Kishore, Sh. Jai Bharat, Sh. Vikas Karlopie, Sh. Raj Kumar Bakshi, P.D Singh, Sh Ravish Vaid.

Result of Matches: -

- 1. GDC Paloura beats GDC Kaleryal by 06 points.**
- 2. GDC Akhnoor beats GDC NeeliNallah by 01 point.**
- 3. GDC Kathua beats GDC Sunderbani by 03 points.**
- 4. GDC Paloura beats GDC Doda by 02 points.**

Matches were officiated by Sh. Dheeraj Sharma, Mr. AminderpalSingh, Sh. Palbinder Singh, Sh. Jagdev Singh, Sh. Anil Kumar, Ms. Pooja Sharma and Gagan Kumar.



INTER-COLLEGIATE HOCKEY (M) TOURNAMENT 2022-23

Today The Inter Collegiate Hockey Tournament organized by the Directorate of Sports and Physical Education, University Ground. University of Jammu commence at the University of Jammu Hockey field.

In the opening match GDC Kathua team beats PG Arts Team by 2-1 good both the teams played game.

Abhishek Sharma (24th minute) and Karajeet Singh (31st minute) scored goals for the GDC Kathua team and Robin Singh (45th Minute) scored the only goal for the PG Arts team.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu was the Chief Guest of the opening match, who introduction with both the team players before the start of the game.

Other present on the occasion were Dr. Mandeep Singh, Dr. Vimal Kishore, Sh. Jai Bharat, Sh. Vikram Jamwal, Sh. Gagan Kumar, Sh. Raj Kumar Bakshi, P.D Singh, Sh Ravish Vaid Sh. Mukesh Sharma, Sh. Narinder Bharat and Tarvinderpal Singh.

The Matches were officiated by S. Jagjit Singh, S. Karanjeet Singh, S Harmik Singh & S.P. D. Singh.



INTER-COLLEGIATE BASKETBALL (M&W) TOURNAMENT 2022-23

Today The Inter Collegiate Basketball (M&W) Tournament organized by the Directorate of Sports and Physical Education, University of Jammu at Basketball Court.

Result of Matches in (Men) Section: -

1. GDC Kathua beats MIET by 23 points.
2. GDC Kunjwani beats D.D.C by 13 points.
3. GCET Jammu beats GDC Akhnoor by 09 points.
4. GDC Kour beats ASCOMS 18 points.

Result of Matches in (Men) Section: -

1. PG Deptt. beats D.D.C by 24 points.



INTER-COLLEGIATE HOCKEY (M) TOURNAMENT 2022-23

On the 2nd day of the above said Tournament organized by the Directorate of Sports and Physical Education, University of Jammu at the University of Jammu Hockey field.

GDC Hiranagar team beats GDC Udhampur team by 5-2 goals.

AkhilDhiman scored three goals for the Hiranagar team in the 2nd, 27th & 40th minute of the game

Rameshwar Singh scored 4th goal in the 47th minute.

Sushant Sharma scored 5th goal for the team in the 58th minute of the game.

Akhil Sharma and Abhishek Sharma scored goal for the GDC Udhampur team in the 1st & 28th minute of the game respectively.

The Matches were officiated by S. Jagjit Singh, S. Karanjeet Singh, S Harmik Singh & S.P. D. Singh.

INTER-COLLEGIATE TABLE-TENNIS (W) TOURNAMENT 2022-23

Inter Collegiate Table-Tennis (Women) Tournament 2022-23 played at Table-Tennis Hall, Directorate of Sports and Physical Education, University of Jammu.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu met with all the participants and encourage them to play with true spirit.

Result of Matches: -

- 1. P.G Deptt. beats GDC Mahanpur by 3-0**
- 2. GCW Parade beats GDC Billawar by 3-0**

Matches were officiated by Sh. Ravish Vaid and Sh. Ankit Sharma.



INTER-COLLEGIATE KHO-KHO (M) TOURNAMENT 2022-23

On the 3rd day of the Inter Collegiate Kho-Kho Tournament in men Section 2022-23 begins in the Directorate of Sports and Physical Education, University Ground. University of Jammu

Result of Matches: -

1. GDC Samba beats GDC Paloura by 04 points.
2. GDC Kathua beats GDC Akhnoor by 03 points.
3. GDC Rajouri beats GDC Marh by 16 points.
4. GDC Mender beats GDC Jindrah by 02 points.
5. GDC Bhaderwah beats GDC Reasi by 05 points

Matches were officiated by Sh. Dheeraj Sharma, Mr. AminderpalSingh, Sh. Palbinder Singh, Sh. Jagdev Singh, Sh. Anil Kumar, Ms. Pooja Sharma and Gagan Kumar.

INTER-COLLEGIATE TABLE TENNIS (W) TOURNAMENT 2022-23

Final Match of the table Tennis (W) played at T. T Hall University of Jammu. In which PG Deptt. won the Inter-Collegiate Table Tennis (W) Tournament 2022-23.

Dr. Daud Iqbal Baba Director, Directorate of Sports and Physical Education University of Jammu congratulated the winning teams and distributed the prize among winners along with Raj Kumar Bakshi. Sh. Vikas Karlopiya, Sh. Gagan Kumar were present on this occasion.

PG Dept. beats GDC Udhamapur by 3-0

Ranju Rani beats Suryansha by 2-0

Pratiba beats Priyanshi by 2-0

Sakshi beats Taniya Sharma by 2-0

Match were officiated by Sh. Ankit Sharma, Sh. Ravish Vaid.



INTER-COLLEGIATE HOCKEY (M) TOURNAMENT 2022-23

Today the final match of the above said tournament organized by Directorate of Sports and Physical Education University of Jammu was played between the teams of GDC Kunjwani & GDC Hiranagar. The Hiranagar team won the match by 4-0 goals. Both the teams played excellent game but the players of the Hiranagar team availed the opportunities and scored four goals.

Rameshwar Singh scored 1st goal for the team in the 14th minute.

Pragya Sharma scored 2nd & 4th goal for the team in the 18th & 31st minute of the game.

AkhilDhiman Scored 3rd goal in the 21st minute.

Dr. Daud Iqbal Baba Director, Directorate of Sports and Physical Education, University of Jammu. awarded medals and trophies to the players of the winner & runner up teams in the presence of Sh. Vikram Jamwal, Sh. Narinder Sharma, Sh. Gagan Kumar, Sh. Ravish Vaid, S. Charanjeet Singh, Harvinderpal Singh,

S. Jagjit Singh, S. Karanjeet Singh, S. Harimik Singh & S. P.D Singh officiated the match.



P.G. Department JU and GCW Parade claimed Inter Collegiate Basketball (M) and Basketball (W) titles

The combined side of PG Department, Jammu University claimed **Basketball Men** title and lift the winning trophy where as in **Women Section** GCW Parade clinches the winning trophy in the ongoing Inter Collegiate Basketball (Men & Women) Tournament 2022-23 organized by the Directorate of Sports & Physical Education, University of Jammu at University Basketball Court.

In the final matches, P.G. Department beats GDC Kunjwani by the score of 27-18 in Men section while GCW Parade outplayed P.G Department by the score of 33-28 in Women section respectively.

The 3rd position in men section was bagged by GCET Jammu while in women section GCW Udhampur remained in 3rd position.

Dr. Daud Iqbal Baba, Director, Directorate of Sports & Physical Education, University of Jammu, awarded the trophies and medals to the winners and runner up teams.



INTER-COLLEGIATE TABLE-TENNIS (M) TOURNAMENT 2022-23

Final of the Inter-Collegiate Table Tennis (M) were played in the Table Tennis Hall, University of Jammu in which P.G Department out closed GDC Poonch by 3-0 Dr. Daud Iqbal Baba Director, Directorate of Sports and Physical Education, University of Jammu distributed the prize money among the winner and congratulated the 2nd & 3rd place winner. Along with him Sh. P. D Singh, Sh. Raj Kumar Bakshi, Sh. Mukesh Sharma & Sh. Balbir Singh were present.

In the Final.

P.G Department beats GDC Poonch by 3-0

1st Singles Ritivik Gupta beats Nishant Bhalla by 3-0

2nd Singles Asad beats Zafar Ahmed by 3-0

3rd Singles Manandeep Singh beats Vanshika Kapoor 3-0

For 3rd place match

1. GDC Udhampur beats GCET by 3-2 Matches were officiated by Ravish Vaid, Meenu Ragesh. The Tournament was organized by Directorate of Sports and Physical Education, University of Jammu.



INTER-COLLEGIATE KHO-KHO (W) TOURNAMENT 2022-23

The above said Tournament organized by the Directorate of Sports and Physical Education, University of Jammu at the University of Jammu.

Result of Matches: -

1. GDC Kathua beats GDC Hiranagar by 02 points.
2. GDC Chenani beats GDC Udhampur by 07 points.
3. GCW Udhampur beats GDC Ramnagar by 03 points
4. P.G. Deptt. beats GDC Akhnoor by 02 points

Matches were officiated by Sh. Dheeraj Sharma, Mr. Aminderpal Singh, Sh. Palbinder Singh, Sh. Jagdev Singh, Sh. Anil Kumar, Ms. Pooja Sharma and Gagan Kumar.



INTER-COLLEGIATE CHESS (M&W) TOURNAMENT 2022-23

Today the finals of the Inter-Collegiate Chess (M&W) Tournament organized by the Directorate of Sports and Physical Education University Jammu were played.

In the Inter-Collegiate Chess (Men) Tournament in the final match, GDC Udhampur team beat GCET Jammu by 3.5-0.5 points and won the Tournament.

1. Aryan Mehra pf GDC Udhampur betas Angad Singh Sodhi
2. Rashiv Khajuria beat Archit Mohan Sharma of GCET
3. Atul Kumar Angurana beat Navdeep Singh of GCET
4. The match between NitishSadhotra and Ubaid Ali Mir of GCET remain draw.

In the Inter-Collegiate Chess (Women) Tournament PG Department Jammu University team beat GCW Udhampur team in the final match by 2.5-1.5 points and won the Tournament.

1. Sonali Manhas of PG Department beat Kiran Sharma
2. ManshaMahjan of PG Department beat Divyanshi Rajput.
3. Taruni Bakshi of PG Department lost to Manvi Sharma of GCW Udhampur
4. The match between Manisha Manhas of PG Department & Bhavna Sharma of Udhampur remain draw.

Dr. Daud Iqbal Baba Director Sports and Physical Education University of Jammu and Dr. Komal Nagar Incharge Assistant Director awarded Trophies and Medals to the men & women players of winner and runner-up teams in presence of Dr. Mandeep Singh, Sh. Vimal Kishore, Sh. Anil Kumar, Sh. Dinesh Kumar, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, Sh. Ravish Vaid, S. Tarvinderpal Singh, S., Harinderpal Singh, Sh, Vinay Manhas & Sh. Balbir Singh Chib. The matches were officiated by Sh. Shashi Pal Sharma, Sh. Sushil Kumar Sawhney & S. Padam Dev Singh.



P.G. Department JU claimed Inter Collegiate Kho-Kho (W) title

The final of the Inter-Collegiate Kho-Kho (W) Tournament organized by the Directorate of Sports and Physical Education University Jammu were played.

In the Inter-Collegiate Kho-Kho (Women) Tournament in the final match, PG Department, Jammu University beat GDC Chenani by 04 points and clinches the winning trophy in the ongoing Inter Collegiate Tournament.

Dr. Daud Iqbal Baba Director Sports and Physical Education University of Jammu and Dr. Komal Nagar Incharge Assistant Director awarded Trophies and Medals to the women players of winner and runner-up teams in presence of Dr. Mandeep Singh, Sh. Vimal Kishore, Sh. Dinesh Kumar, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, Sh. Ravish Vaid, Sh. Vikas Karlopia, S. Tarvinderpal Singh, S. Harinderpal Singh, Sh. Vinay Manhas & Sh. Balbir Singh Chib S. Padam Dev Singh, Sh. Vinod Sharma, Sh. Jai Bharat Sh. Sanjeev Kumar, Sh. Ms. Bhavna Sharma, Sanjeev Sharma.

Matches were officiated by Sh. Dheeraj Sharma, Sh. Palbinder Singh, Sh. Jagdev Singh, Sh. Anil Kumar, Ms. Pooja Sharma and Gagan Kumar.



Jammu University Football (Men) Team won first match.

The University of Jammu **Football (M)** Team won their first in the ongoing North Zone Inter-University Football (M) Tournament 2022-23 organized by the GNA Phagwara University.

In the first match, Jammu University team beat HNB Garhwal by 2-0

Dr. Daud Iqbal Baba, Director Sports & Physical Education, University of Jammu lauded the efforts of the team congratulated the players of Jammu University **Football (M)** team for showing tremendous performance and wished the University team to give their best performance in the next match.



Jammu University Volleyball (Women) Team left for Chitkara University, H.P

The Directorate of Sports and Physical Education University of Jammu has project its Volleyball (Women) for the participation in the forthcoming North Zone Inter-University Volleyball (Women) Tournament 2022-23.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu interacted with the players and flagged off Volleyball team at University Sports Stadium. The teams left for Chitkara University, H.P. today on 16th December 2022.

Jammu University Volleyball (Women) Team includes:

Ms. Ankita Sharma, Ms. Yangzin Dolma, Ms. Raavish Urooj, Ms. Meenakshi, Ms. Kamlesh Kumari, Ms. Sunena Bharti, Ms. Rushali Rajput, Ms. Harpreet Kour, Ms. Lavanya Mahajan, Ms. ShivangiGoswami, Ms. Palak, Mr. Buneet Singh and Mr. Neetan Sharma will accompany the team as Coach and Manager respectively.

Prominent among others present on the occasion were Dr. Mandeep Singh, Sh. Vimal Kishore, S. Padam Dev Singh, Sh. Raj Kumar Bakshi, Mr. Vikas Karlopa, Sh. Ravish Vaid, Sh. Gagan Kumar, S.Harinderpal Singh



Jammu University Volleyball (Women) Team won first match.

The University of Jammu **Volleyball (W)** Team won their first in the ongoing North Zone Inter-University Volleyball (W) Tournament 2022-23 organized by the Chitkara University H.P.

In the first match, Jammu University team beat technical university Uttarakhand by 3-0 with sets score 25-09, 25-17, 25-14.

Lavanya Mahajan, Yangzin Dolma, Kamlesh & Meenakshi were played outstanding during the match.

Dr. Daud Iqbal Baba, Director Sports & Physical Education, University of Jammu lauded the efforts of the team congratulated the players of Jammu University **Volleyball (W)** team for showing tremendous performance and wished the University team to give their best performance in the next match.



Jammu University Athletics (M&W) Team left for KIIT-Deemed University, Bhubaneshwar, Odisha

The Directorate of Sports and Physical Education University of Jammu has project its Athletics (Men&Women) for the participation in the forthcoming North-East Zone Inter-University Athletics (Men&Women) Tournament 2022-23.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu interacted with the players and flagged off Athletic team at University Sports Stadium. The teams left for KIIT-Deemed University, Bhubaneshwar. today on 17th December 2022.

Dr. Vikesh Kumar and Mr. Manjeet Kotwal will accompany the team as **Coach** and **Manager** respectively.

Prominent among others present on the occasion were Dr. Mandeep Singh, Sh. Vimal Kishore, S. Padam Dev Singh, Sh. Raj Kumar Bakshi, Mr. Vikas Karlopia, Sh. Ravish Vaid, Sh. Gagan Kumar, HarinderPal Singh, Sanjeev Sharma.



LG Sinha inaugurated All India Inter-University Fencing (M&W) Championship 2022-23 at Jammu University

More than 1000 fencers from 100 Universities across the country are participating in this grand event.

Lieutenant Governor Manoj Sinha declared the All India Inter-University Fencing (Men & Women) Championship 2022-23 open at Jammu University today. More than 1000 fencers from 100 Universities across the country are participating in this grand event.

During the event, Lt Governor also released the Competition Mascot and departmental calendar of Directorate of Sports & Physical Education, University of Jammu. Sinha also addressed the fencers from across the country, who are taking part in the Championship.

This unique and extraordinary Championship is truly inspiring. It will enable and encourage more such sporting events and lead to identification of future talents and sustainable sports movement in the J&K UT, said the Lt Governor. Contesting in a game is itself a victory and for the fencers it gives an opportunity to learn discipline, balance, speed, mental agility, self-confidence, he added. Sports as soft power have an important role in bringing regions, nations, and diverse cultures together. As a social enterprise, sports give paramount importance to equality, economic development that benefits entire community, the Lt Governor observed. Highlighting the vital importance of sports in the globalized world the Sinha said: "Sports can be instrument of change in the world and the change starts with accepting the challenge". My mantra for the budding sportspersons is to stop doubting yourself and go after what you really want in life with complete dedication. With firm determination, hard work, and faith, players can chart their own future, the Lt Governor added. "Improved sports infrastructure has substantially increased sports activities in J&K. Sportsperson-centric policies & schemes, promotion of sports at grassroots level, world class coaching & training facilities have infused new hopes and dreams among budding sportspersons", Sinha said.

He also spoke on the reforms introduced to promote sports in the educational institutions and steps taken to encourage more youth to participate in sports for their holistic development. National Education Policy has made sports an integral part of the academic curriculum. It also emphasizes that the curriculum should focus on holistic education, in which science, social science, art, humanities and sports will promote material and human efficiency together, the Lt Governor noted. Prof Dinesh Singh, former Vice-Chancellor, University of Delhi, who is also Vice-Chairman, Jammu and Kashmir Higher Education Council also addressed the gathering and shared his insightful thoughts and inspiring ideas about sports and congratulated the organizers for the mega Event.

Prof. Umesh Rai, Vice Chancellor, University of Jammu said that sports and sportspersons

are getting unprecedented recognition in J&K under the Lt Governor led UT administration. A new culture of night sports under flood lights is being developed in across the UT, he added

Earlier, Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu presented the formal welcome address and detail report of the Championship.

The Championship is being organized by Directorate of Sports & Physical Education, University of Jammu. Nuzhat Gul, Secretary, J&K Sports Council was the Special Guest on the occasion. Prominent dignitaries present on the occasion were Prof. Naresh Padha, Prof. Arvind Jasrotia, Prof. Rajeev Rattan, Prof. Vinay Chouhan, Prof. Prakash C. Anthal, Dr. Bharat Bhushan, Prof. Vinod Gupta, Dr. Neeraj Sharma, Dr. Vinay Thusoo, Sh. Ajmer Singh, Er. Akash Bhola, Capt. Sarweshwar Dubey Security Officer JU, Sh. Vimal Kishore, Sh. Vinod Sharma, Sh. Vikas Karlopiya, Sh. Ravish Vaid, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, Sh. Jai Bharat, Sd. P. D. Singh, S. Harinderpal Singh, Mr. Sanjeev Sharma, Ashok Singh Bali, Ms. Bhavna Sharma, Tarvinderpal Singh and officials of the participating teams.





All India Inter University Fencing (Men&Women)

Championship 2022-23 concluded

The defending Champion G.N.D.U University Amritsar once again showed its supremacy by lifting Overall Trophy of the All India Inter-University Fencing (M&W) Championship 2022-23 at the University Gymnasium Hall being organized by the Directorate of Sports & Physical Education, University of Jammu. Winner trophy in Fencing (Men) clinched by G.N.D.U Amritsar. The Runner-up Trophy was bagged by B.A.M.U Aurangabad whereas University of Jammu, Shivaji Kolhapur & L.P.U Phagwara got Second Runner-up trophies. Winner Trophy in Fencing (Women) clinched by G.N.D.U Amritsar. The Runner-up and Second Runner-up trophies were bagged by Manipur University and Punjab University Chandigarh respectively.

Prof. Naresh Padha Dean Academic Affairs University of Jammu was the Chief Guest on the Valedictory-cum-Prize Distribution Function of the said Championship, in the presence of Dr. Kanwar Mandeep Singh, Director Sports GNDU Amritsar who was also the Guest of Honour on the occasion. Sh. Rashid Ahmed Choudhary, Competition Director was also accompanied the Guests amidst large number of gathering of dignitaries, players and officials of the participating Universities, employees & students of the University as well as the people from the civil society.

While addressing the gathering **Prof. Naresh Padha**, congratulated the organizers for organizing such type of Sports events, which will provide an opportunity to the students of the various Universities to come closer to each other besides showing their Sports talent. He also appreciated the mass participation of the players and officials accompanying their teams of the various Universities.

Prof. Naresh Padha, also addressed the gathering with his remarkable thoughts and inspiring ideas about Sports and congratulated the organizers for organizing this mega Event.

Earlier, Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu presented the formal report of the said Championship in which he mentioned that the Association of Indian Universities has entrusted the responsibility to University of Jammu, for hosting the **All India Inter University Fencing (Men&Women) Championship 2022-23** w.e.f. 20th to 23rd December, 2022 in which around 1100 players from 96 teams came from the various Universities across the Nation in men&women section participated.

Prominent among others present there were, Dr. Komal Nagar, Sh. Vimal Kishore, Dr. Mukesh Sharma, Sh. Rashid Ahmed Choudhary, Sh. Shottu Lal Sharma, Sh. Padam Dev Singh, Sh. Jai Bharat, Sh. Vikas Karlopiya, Sh. Ravish Vaid, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, S. Harinderpal Singh, and officials of the participating teams.



Jammu University Basketball (Women) Team won first match.

The University of Jammu **Basketball (W)** Team won their first match in the ongoing North Zone Inter-University Basketball (W) Tournament 2022-23 organized by the Arts and Sports College Jalandhar. In the first match, Jammu University team beat CSJ Kanpur by 44-08 points.

Jammu University Basketball (Women) Team won against DAV Jalandhar

The University of Jammu Basketball (W) Team won its Second match in the ongoing North Zone Inter-University Basketball (W) Tournament 2022-23 held at Govt. Arts and Sports College Jalandhar organized by MBPSU University Patiala from 2 nd to 7 th January 2023. University Jammu defeated DAV Jalandhar in a nail biting match with a margin of 2 points with

final score 45-43 Kiran Kour, Komal, Sakshi, Chitreshi& Rimjim were the star performance of the match & lead University of Jammu to a close margin win.

Dr. Daud Iqbal Baba, Director Sports & Physical Education, University of Jammu lauded the efforts of the team congratulated the players of Jammu University Basketball (W) team as well

as Hritik Khular& Nitin Sharma (Coach & Manager) for showing tremendous performance and wished the University team to give their best performance in the next match.



INTER-COLLEGIATE GATKA (M&W) TOURNAMENT 2022-23

Today the Directorate of Sports and Physical Education University of Jammu organized the Inter-College Tournament 2022-23 at its Gymnasium Hall.

Total 12 teams from the various Colleges affiliated with the University of Jammu participated in the said Tournament.

Result: (MEN)

Event: FARI SOTI TEAM

Gold: - GDC Kathua

Silver: - MBS College of Eng. & Tech Jammu

Bronze Medal: - GDC Samba

Result: (MEN)

Event: FARI SOTI INDIVIDUAL

Gold: - Manpreet Singh

GDC Kathua

Silver: - Jasmeet Singh

(PG Deptt.)

Bronze Medal: - Gurdeep Singh

GDC Samba

Result: (WOMEN)

Event: FARI SOTI TEAM

Gold: - PG Deptt. University of Jammu

Silver: - GDC Paloura

Bronze Medal: - GCW Parade

Result: (WOMEN)

Event: FARI SOTI INDIVIDUAL

Gold: - NishthaKour

PG Deptt. University of Jammu

Silver: - Amulya Singh

GCW Parade

Bronze Medal: - Shagun Kumar

GDC Paloura

Overall Championship in men section was won by GDC Kathua and Women section was won by PG Deptt. University of Jammu.

Dr. Daud Iqbal Baba Director Sports and Physical Education University of Jammu was the Chief Guest on the occasion, who was introduced with the players & officials before the start of the match in the presence of Sh. Mukesh Sharma, Sh. Sanjeev Jamwal, Ms. SonuKumari, Dr. Shamsher Singh, & Sh. Jai Bharat.

The matches were officiated by S. Amarjeet Singh, S. Lovepreet Singh & S. PadamDev Singh.



INTER-COLLEGIATE HANDBALL (M&W) TOURNAMENT 2022-23

The Inter Collegiate Handball (M&W) Tournament commenced today at Handball Court University of Jammu organized by the Directorate of Sports and Physical Education, University of Jammu.

In the opening match GDC Kathua team beats Dogra Law College by 19-6 other matches in men section were played as follows:

GDC Kunjwani team beats GDC Paloura by 15-4

GDC Akhnoor team beats MIET by 14-5

In Women Section GCW Parade beats GDC Akhnoor by 5-2

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu was the Chief Guest of the opening match and interacted with both the team players before the start of the game.

Other present on the occasion were Mr. Vimal Kishore, Sh. Gagan Kumar, Sh. Raj Kumar Bakshi, Sh. Vikas Karlopiya, Sh Ravish Vaid Prof. Surinder Kumar, Dr. Sukriti Sharma, Sh. Mukesh Sharma, Sh. Narinder Paul Sharma, Harinderpal Singh, Ms. Kajal Premi, Dr. Dinesh Sharma, Ms. Suman Lata, Sh. Anil Sharma & Sukomal Ganguly & Sh. Balbir Singh Chib.

The Matches were officiated by Sh. Sudesh Kumar, Ms. Vinay Sharma, Sh. Gourav Sharma, Sh. Karun Magotra, Sh. Vipin Photra & Sh. Gourav Sharma.



INTER-COLLEGIATE HANDBALL (M&W) TOURNAMENT 2022-23

The second day matches of the ongoing Inter Collegiate Handball (M&W) Tournament 2022-23 were conducted at Handball Court University of Jammu organized by the Directorate of Sports and Physical Education, University of Jammu.

Match Result are as follows:

Men Section

1. P.G Department beats GCET Jammu by (12-01) goals.
2. GDC Kunjwani beats GDC Poonch by (13-12) goals.
3. GDC Kathua beats GDC R.S. Pura by (11-01) goals.
4. GDC Udhampur beats GDC Akhnoor by (16-05) goals.

Women Section

1. GCW Udhampur beats GCW Parade by 10-02) goals.
2. PG Department beats GDC Udhampur by (5-2) goals.

The Matches were officiated by Sh. Sudesh Kumar, Ms. Vinay Sharma, Sh. Gourav Sharma, Sh. Karun Magotra, Sh. Vipin Photra & Sh. Gourav Sharma.



All India Inter-University Wushu (M&W) Championship 2022-23

University of Jammu, Wushu (Men) players Hritik Singh Charak clinched Gold, Gurmeet Singh won Silver and Rohan Sharma & Pratham Singh bagged Bronze Medals in the All India Inter-University Wushu (M&W) Championship 2022-23 w.e.f. 7th to 11th February, 2023 organized by C.U.Mohali.



All India Inter-University Kick Boxing (M) Championship 2022-23

University of Jammu Kick Boxing (Men) players Mohd. Irfan clinched Silver and Ashutosh Sharma, Dheeraj Partap, Amandeep Singh & Ritwik Mansotra bagged Bronze Medals in the All India Inter-University Kick Boxing (M) Championship 2022-23 w.e.f. 14th to 17th March, 2023 organized by VBS Purvanchal University, Jaunpur.



All India Inter University Roller Skates (Men) Championship 2022-23

Jammu University clinched Gold Medal in Inline Hockey in All India Inter University Roller Skates (Men) Championship 2022-23 organized by A.U Vishakhapatnam w.e.f. 16th to 19th March 2023.

The University of Jammu Inline Hockey (Men) Team showed its high performance and grabbed the Gold Medal in the All India Inter-University Inline Hockey (Men) Tournament 2022-23 organized by the Andhra University, Vishakhapatnam w.e.f 16th to 19th 2023.



3 days Hiking and Trekking Expedition

University of Jammu Hiking and Trekking Expedition at Sanasar-Chilla organized by the Directorate of Sports and Physical Education University of Jammu w.e.f. 23rd to 25th March 2023.



All India Inter-University Pencak Silat (M) Championship 2022-23

University of Jammu Pencak-Silat (Men) players Kamaljeet Singh Bhogal clinched Silver and Adheeshwar Vaid bagged Bronze Medal in the All India Inter-University Pencak Silat (M) Championship 2022-23 w.e.f. 24th to 26th March, 2023 organized by GNDU Amritsar.



All India Inter-University Softball (M) Championship 2022-23

University of Jammu Softball (Men) Team entered into Pre-Quarter Finals in the All India Inter-University Softball (M) Championship 2022-23 w.e.f. 4th to 8th April, 2023 organized by Panjab University Chandigarh.



All India Inter-University Grappling (M) Championship 2022-23

University of Jammu Grappling (Men) players Ravinder Mukherjee & Ravinder Singh clinched 3 Silver and Sameer Malik bagged Bronze Medal in the All India Inter-University Grappling (M) Championship 2022-23 w.e.f. 14th to 18th April, 2023 organized by Madhyanchal Professional University, Bhopal.



1st National Conference



The 1st National Conference with the theme “Empowering Society through Education, Science and Sports”, is being organized by the Directorate of Sports and Physical Education, University of Jammu on 11th and 12th May 2023 at University of Jammu.

The Dean Academic Affairs University of Jammu **Prof. Naresh Padha** inaugurated the two days 1st National Conference today here in the Brigadier Rajinder Singh Auditorium, University of Jammu. **Prof. Nishan Singh Deol**, Head & Dean, Department of Physical Education, Punjabi University Patiala and **Prof. Rajeev Rattan**, Director Colleges Development Council were the Guests of Honour.

Addressing to a gathering of more than 200 scholars, students and researchers from both within and outside the State, teaching fraternity, sports professionals and the members of the civil society Prof. Naresh Padha applauded the efforts of the entire team of Directorate of Sports and Physical Education for organizing various events throughout the year. He further added that the University of Jammu, in recent times, has witnessed an unprecedented development in the academics and Sports with latest scientific infrastructure and now we need to gear up for applying the scientific knowledge and technological advancements for the growth and development of society.

Prof. Rajeev Rattan, while congratulating the Directorate of Sports and Physical Education, University of Jammu for this great initiative expressed his satisfaction over the development and achievements of the Directorate of Sports and assured that this Department will work in co-ordination to bring desired results for the welfare of all the stakeholders.

Prof. Nishan Singh Deol, Head & Dean, Department of Physical Education, Punjabi University Patiala congratulated the Directorate of Sports and Physical Education and also enlighten the gathering with the theme of the conference. He in his valuable remarks highlighted the role of Education, Science and Sports for inclusive and sustainable growth and empowerment of the society.

Earlier the Inaugural remarks were presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education. He highlighted the main aim and objectives of the conference. Besides, it would also provide a platform to the budding researchers and scientists to interact with each other develop learning temperament in the youth, disseminating information about the latest developments in education, science and sports and to look into the applications of science and technology at the grass-root level.

The key note speaker Prof. Nishan Singh Deol, Head & Dean, Department of Physical Education, Punjabi University Patiala gave an impressive presentation on Empowering Society with the topic Gender Sensitization in order to provide equal opportunity to both sexes in the society.

Earlier, the inauguration started with lighting of the ceremonial lamp followed by the welcome address by Dr. Mandeep Singh Assistant Professor Directorate of Sports and Physical Education and the vote of thanks was proposed by Mr. Vimal Kishore Assistant Professor Directorate of Sports and Physical Education. The whole proceedings of the conference were conducted by Dr. Komal Nagar I/c Assistant Director, Directorate of Sports and Physical Education.

In the afternoon, the invited lectures and the oral presentations were made in the technical sessions held in Brigadier Rajinder Singh Auditorium and in the Sociology Department.

Prominent among others who were present on the occasion were Prof Parkash C. Anthal Dean Students Welfare JU, Dr. Mohammed Azam Principal SCS Govt. Degree College Mendhar, Prof. Jeevanjyoti, Dr. Manhas, Dr. Balbinder Singh, Sh. Ravish Vaid, Sh. Vikas Karlopiya, Sh. Gagan Kumar, Sh. Jai Bharat,

Mr. Padam Dev Singh, Sh. Raj Kumar Bakshi, Dr. Vikesh Sharma, Dr. Showket, Mr. Vinay Manhas, Mr. Mukesh Kumar, Mr. Narinder Paul Sharma, Mr. Sanjeev Sharma, Mr. Tarvinderpal Singh, Mr. Harinderpal Singh, Mr. Rohan Kundal, Mr. Buneet Singh, Mr. Jeevan Bhagat, Mr. Manjeet Kotwal and Ms. Afreen Wani.

The Jammu University Employees Tournament-2023 Commenced

The Jammu University Employees Tournaments Men & Women commenced today at University Campus in the disciplines of Table-Tennis (M&W) Carrom (M&W), Cricket (M), Chess (M&W) and Badminton (M&W) organized by the Campus Sports Committee of the University of Jammu.

Earlier **Dr. Daud Iqbal Baba** Chairman, Campus Sports Committee inaugurated the Inter-Departmental Tournaments 2023 and interacted with the players of various departments participating in different disciplines.

The following competitions were held at the Gymnasium Hall & Cricket ground of the Directorate of Sports & Physical Education, University of Jammu:
The detailed result of the matches of different disciplines.

Cricket (M)

Team B beats team D by 41 runs
Team C beats Team E by 1 wicket.

Badminton (M)

Er. Raman Gupta beats Dr. Padam Dev Singh by (21-16) points.
Dr. Mandeep Singh beats Sh. Sourav Chalotra by (21-12) points.
Sh.Pankaj Gupta beats Sh. Harinderpal Singh by (21-11) points.
Sh.Tarsem Singh beats Sh.Sumeet Kapoor by (21-17) points
Sh. Vishal Sharma beats Sh. Sunil Kumar by (21-05) points.
S.Gursharan Singh beats Sh. Sham Lal by (21-05) points.
Sh. Dimple Sharma beats Sh. Karan Singh by (21-06) points.
Sh. Manu Puri beats Sh. Balbir Singh by (21-1-) points.
Sh. Abhimanyu Sharma beats Sh. Nikhil Sharma by (21-16) points.
Sh. Suresh Tack beats Mr. Vishal Sharma by (21-16) points.

Badminton (W)

Ms. Pooja Manhas beats Dr. Kusam Sharma by (21-17) points.
Ms. Sonika Sharma beats Ms. Seema Rathore by (21-11) points.

Ms. Komal Bakshi beats Ms. Pankaj Bazaz by (21-15) points.

Carrom (M)

Mr. Tinku Sharma beats Sh.Jagdev Sharma
Sh. Joginder Singh beats Sh. Dr. Rakesh Chib.
Sh. Arjun Singh beats Sh. Pankaj Gupta.
Sh.Vishal Sharma beats Sh. Sunil Kumar
Sh. Balwant Singh beats Prof. Susheel Sharma.
Sh.Vishal Sudan beats Mr. Sumeet Kapoor
Er. Rajesh Kumar beats S. Gagandeep Singh
Mr. Tinku Sharma beats S.Gurmeet Singh

Carrom (W)

Ms. Sunita Sharma beats Ms. Azmat Choudhary
Ms. Azmat Choudhary beats Ms. Komal Bakshi
Ms. Pooja Manhas beats Ms. Sonika Sharma
Ms. Pooja Manhas beats Dr. Samita Wathera
Ms. Sunny Bhat beats Dr.Meghna Dhar.
Ms. Rinkey Bazaz beats Ms. Seema Rathore
Ms. Rinkey Bazaz beats Smt. Sunny Bhat

The matches were officiated by Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Vikas Karlopiya, Sh. Gagan Kumar, Sh. Jai Bharat, S. Padam Dev Singh, Mr.Ashok Singh Bali.





The Jammu University Employees Tournament-2023.

The ongoing Jammu University Employees Tournaments for Men & Women in the disciplines of Table-Tennis (M&W) Carrom (M&W), Cricket (M), Chess (M&W) and Badminton (M&W) organized by the Campus Sports Committee of the University of Jammu.

The matches were conducted under the supervision of Dr. **Daud Iqbal Baba** Chairman, Campus Sports Committee University of Jammu.

The following competitions were held at the Gymnasium Hall & Cricket ground of the Directorate of Sports & Physical Education, University of Jammu:
The detailed results of the matches of different disciplines.

Cricket (M)

Team F beats team Aby 44 runs
Team B beats team C by 8wickets.

Badminton (M)

Dr.Sandeep Arya beats Sh. Amandeep Singh by (21-02) points.
Sh. Vishal Sudan beats Mr. Buneet Singh by (21-17) points.
Sh.Rajesh KumarbeatsSh. Dimple Sharmaby (21-18)points.
Sh. Sharat Sharma beats Sh. Manav Puriby (24-22) points.
Sh. Pankaj Gupta beats Sh. Suresh Tackby (21-09) points.
Sh. Narianjan Singh beats by Mr. Sumeet Kumar Dogra (21-13) points.
Sh. Tarseem Singh beats Bhupinder Khajuria by (21-14)

Table-Tennis (M) Final

Prof. Rakesh Vaid beats Er. Rajesh Kumar (3-0) sets score

Table-Tennis (W) Final

Mrs. Komal Bakshi beats Dr.SamitaWadera by (2-0) sets score

Badminton (W) Singles Semifinal

Ms. SonikaMahnas beats Pooja Manhasby (21-09) points.
Ms. Komal Bakshi beats Ms. Azmat Chowdhary by (21-15) points.

Badminton (W) Singles Final

Ms. Komal Bakshi beats Ms. Sonika Sharma by (21-15) points.

Badminton (W) Doubles

MS. Komal Bakshi & Ms. Pinkey Bzaz beats Ms. Bhavna Gupta & Ms. Anju Sharma by (21-14) points.

Dr. Kusam & Pooja beats Ms. Anjana & Ms. Babita Jamwal by (21-10) points

Ms. Sonika & Ms. Seema beats Ms. Sunny Bhat & Anshu Khajuria by (21-11) points

Chess (Women)

Smt. Sumita Amla beats Ms. Sonika Sharma

Smt. Sunny Bhat beats Smt. Meghna Dhar

Smt. Pooja Manhas beats Smt. Anjana Wazir

Ms. Anshu Khajuria beats Ms. Pinkey Bazaz

Ms. Azma tChowdhary beats Ms. Komal Bakshi

Chess (Men)

Sh. Nikhil Sharma beats Sh. Parvesh Ratta

Dr. Akhilesh Sharma beats Sh. Arjun Singh Jasrotia.

Dr. Sandeep Arya beats Sh. Sahil Anand

Sh. Vishal Sudan beats Sh. Manoj Kumar

Dr. Akhilesh Sharma beats Sh. Pankaj Gupta

S. Makim Singh beats Sh. Suneet Kapoor

Sh. Vishal Sharma beats Sh. Sunil Bhatt

Carrom Doubles (Men)

Dr. Akhilesh Sharma & Sh. Sahil Anand beats Sh. Arjun Singh Jasrotia

Dr. Rakesh Chib & Sh. Jagdev Sharma beats Sh. Abhinav Sharma

Dr. Sandeep Arya & Sh. Joginder Singh beats Dr. Rakesh Chib & Sh. Jagdev Sharma

Er. Deepak Anand & Er. Rajesh Kumar beats Sh. Parvesh Ratta & Sh. Simple Sharma

The matches were officiated by Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Vikas Karlopiya, Sh. Gagan Kumar, S. Padam Dev Singh, Sh. Jai Bharat, Mr. Ashok Singh Bali.





The Jammu University Employees Tournament-2023.

The ongoing Jammu University Employees Tournaments concluded in the disciplines of Table-Tennis(M&W), Carrom (M&W), Cricket (M), Chess (M&W) and Badminton (M&W) organized by the Campus Sports Committee of the University of Jammu.

The matches were conducted under the supervision of Dr. **Daud Iqbal Baba** Chairman, Campus Sports Committee University of Jammu.

The following competitions were held at the Gymnasium Hall & Cricket ground of the Directorate of Sports & Physical Education, University of Jammu:
The detailed result of the matches of different disciplines.

Cricket (M) Final

Team B beats team F by 39 runs.

Badminton (M)

Sh. Shantul Raina beats Sh. Gagandeep Singhby (21-09) points.

Sh. Narianjan Singh beats Sh. Sharat Sharma by (21-11) points

Sh. Shantul Raina beats Sh. Tarseem Singhby (21-12) points.

Badminton (M) Semifinal-1st

Sh. Shantul Raina beats Dr. Sandeep Arya by (21-10) points.

Badminton (M) Semifinal-2nd

Sh. Vishal Sudan beats Sh. Niranjan Singh by (21-10) points.

Badminton (M) Final

Sh. Shantul Raina beats Sh. Vishal Sudan by (21-05) points.

Badminton (W) Doubles semifinal-1st

Ms. Sonika Sharma & Ms. Seema Rathore beats Dr. Kusam Sharma & Ms. Pooja Manhas by (21-08) points.

Badminton (W) Doubles semifinal-2nd

Ms. Komal Bakshi & Ms. Rinkey Bazaz beats Ms. Azmat Chowdhary & Dr. Samita Wadhera by (21-12) points.

Badminton (W) Doubles Final

Ms. Sonika Sharma & Ms. Seema Rathore beats Ms. Komal Bakshi & Ms. Rinkey Bazaz by (21-13) points.

Chess (Women)

Smt. Pooja Manhas beats Smt. Sumita Amla
Smt. Sunny Bhat beats Ms. Anshu Khajuria
Smt. Sunny Bhat beats Ms. Azmat Chowdhary

Chess (Women) Final

Smt. Pooja Manhas beats Smt. Sunny Bhat

Chess (Men)

Sh. Vishal Sharma beats Dr. Sandeep Arya
Maxim Singh beats Sh. Vishal Sudan
Dr. Rakesh Chib beats Sh. Nikhil Sharma
Dr. Akhilesh Sharma beats Sh. Tinku Kumar
S. Maxim Singh beats Dr. Akhilesh Sharma
Sh. Vishal Sharma beats Dr. Rakesh Chib

Chess (Men) Final

S. Maxim Singh beats Sh. Vishal Sharma

Carrom Doubles (Men)

Er. Deepak Anand & Er. Rajesh Kumar beats Dr. Akhilesh Sharma & Sh. Sahil Anand

Carrom Doubles (Men) Final

Er. Deepak Anand & Er. Rajesh Kumar beats Dr. Sandeep Arya & Sh. Joginder Singh

The matches were officiated by Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Vikas Karlopie, Sh. Gagan Kumar, S. Padam Dev Singh, Sh. Jai Bharat & Mr. Ashok Singh Bali.





Ten Day Yoga Workshop commences at JU

Gandhian Centre for Peace and Conflict Studies University of Jammu organised a ten day yoga workshop, "Yoga and Inner peace" in collaboration with the Directorate of Sports and Physical Education University of Jammu. The purpose of the workshop is to make the students experience yoga so that they are able to make it a part of their daily routine.

Prof Rajiv Rattan, Director College Development Council, University of Jammu was the chief guest in the inaugural session. He in his inaugural address talked about yoga as a significant aspect of our culture and heritage since times immemorial. He further threw light on the negative impact of sedentary lifestyle and poor dietary habits on our physical and mental health.

Dr Shreyansh Kumar Jain ,State Chairman, Indian Yoga Association and President Vichar Kranti Manch International was the Guest of Honour . He in his address highlighted yoga as a mechanism in dealing with health problems citing various examples. Besides this he also threw light on the benefits of a healthy lifestyle in general and practicing yoga and naturopathy in particular.

Dr Daud Iqbal Baba Director Directorate of Sports and Physical Education gave special remarks wherein he talked about the role of yoga being instrumental in development of harmonious life. Sanjeevkumar and Sandeep Sharma are the resource persons for the workshop who will be training the students in different yoga techniques.

Earlier Dr Seema Rohmetra, Incharge Director Gandhian Centre for Peace and Conflict Studies presented the welcome address wherein she focused upon yoga adding discipline to one's lives which otherwise has become sedentary in nature in the present context of materialism and consumerism. Dr Mandeep Singh, Assistant Professor, Directorate of Sports and Physical Education presented the formal Vote of thanks.

Sixty two students are attending this workshop. Among others, Dr. Sapna Sangra, Sandeep Sharma, Gagan Kumar, Ravish Vaid, Vikas Karlopiya, Raj Kumar, Jai Bharat, PD Singh and Gagan Singh were also present during the inaugural session.



AYUSH organizes Yogotsava at JU

Under the guidance of Dr. Mohan Singh, Director AYUSH J&K and under the supervision of Dr. Vandana Dogra, District AYUSH Officer Jammu and Medical Superintendent Government Ayurvedic Hospital, Jammu, a Yogotsava programme was organized in collaboration with Directorate of Sports and Physical Education, University of Jammu (JU). Morarji Desai National Institute of Yoga under the aegis of Union Ministry of AYUSH has been organizing Yogotsava programmes across the country as part of countdown programmes to 9th International Day of Yoga. Union Ministry of AYUSH has come up with promotional theme of 'Har Ghar Angan Yog' to promote Yoga and its benefits in community. In these programmes, Yoga Workshops, Common Yoga Protocol Practice and Community Level Yoga Sessions are being organized across India. In this series 74th Yogotsava programme was organized at JU in which more than 450 participants from various departments of the varsity and Directorate of AYUSH J&K participated and practiced Common Yoga Protocol. The programme was attended by Dr. Daud Iqbal Baba, Director Sports and Physical Education Department of JU; Dr. Seema Rohmetra, Director Gandhian

Studies; Dr. Suresh Sharma, Deputy Director AYUSH; Dr. Vandana Dogra, District AYUSH Officer Jammu; Medical Superintendent Govt. Ayurvedic Hospital Jammu; Dr. Bharat Bhusan, CMO Jammu University and others. Tributes were paid to Maharshi Patanjali, founder of Yoga, who was the first to scribe this ancient wisdom into Patanjali Yoga Sutra. Deputy Director AYUSH, Jammu Division, Dr. Suresh Sharma elaborated the need of practicing principles and practices of Yoga for health and happiness in the present health scenario. Dr. Anil Sharma, expert in Swasthavritta and Yoga conducted proceedings of the Yoga session and Dr. Manjeet Singh coordinated the programme. Dr. Vandana Dogra concluded the session with vote of thanks. These sessions shall continue till the final event of 9th International Day of Yoga.



Jammu University Fencing (M&W) Team left for Khelo India University Games-2023

The University of Jammu Fencing (M&W) Team today leaves for participation in the Khelo India University Games 2022, to be held at Lucknow (U.P) w.e.f 31st May, to 3rd June 2023.

The Men team comprises of Prashant Chib, Praney Singh, Gourav Thakur, Arun Kumar, Parvinder Sharma, Harsh Rajput, Shivansh Kapoor, Suryansh Sharma, Udhayveer Singh Chandel, Harsh Anand & Ajay Singh. The women team comprises of Ms. Palak Bharti, Ms. Simran Rajput, Ms. Mansi Spolia & Ms. Kshika Rana.

S.Padam Dev Singh is accompanying the team as an University contingent Manger whereas, Sh. RanchanSabarwal and Sh. Ajay Kumar are accompanying the team as Coaches.

Before the departure of the team for Lucknow the team was introduced with Prof. Umesh Rai, Vice-Chancellor, University of Jammu in the presence of Prof. Arvind Jasrotia, Registrar, Dr.Daud Iqbal Bab, Director Sports and Physical Education, S. Padam Dev Singh (Hockey Coach) and S. Harinderpal Singh. Prof. Umesh Rai wish a successful participation of the teams in the said Games.



AIFF e-certificate Football course concluded in Jammu University.

All India Football Federation in collaboration with Directorate of Sports and Physical Education University of Jammu conducted 4 days E certificate course from 25th to 28th May. Apart from certification special camp for Football players of Jammu University Football Academy was also organized in which Sh Arun Malhotra Former Indian Player and Current Member AIFF took a special session on final day and shared his experience with the players and coaches. In his address he congratulated the Director Dr Daud Iqbal Baba for taking special efforts to promote sports in Jammu and thanked Vice Chancellor Prof Umesh Rai for creating world class Infrastructure. He further promised to help and support University of Jammu in promotion of Football in every manner. The camp was conducted by Sh Shailesh Karkera , Sh Masood and Sh Arun Jasrotia from AIFF under the supervision of Sh Gagan Kumar, Jammu University Football coach.





TEN DAY YOGA WORKSHOP CONCLUDES AT JU

The ten day yoga workshop on the theme “Yoga and Inner peace” workshop organised by Gandhian Centre for Peace and Conflict Studies University of Jammu concluded today at University of Jammu. The ten day workshop was organised in collaboration with Directorate of Sports and physical Education University of Jammu. The main motive of the workshop was that the students should experience Yoga and promote it as a means for positive health, prevention of stress and self realisation. Seventy students participated in the workshop.

Mr. Sanjeev kumar and Mr. Sandeep Sharma were the resource persons for the workshop who trained the students in basic yoga techniques. The yoga participants were made to practice various asanas like Suksham Vyam, vajrasan, Ustrasana, Bhujangasan, Tadasana, Makarasan, shavasana and Suryanamaskar. Besides this, in pranayam they practiced Anulom Vilom, Bhastrika, Bhramri and kapalbhati along with certain meditation techniques. Prof Arvind Jasrotia, Registrar University of Jammu was the chief guest in the valedictory session. He in his valedictory address highlighted the importance of such workshops in adding value to the life of the students. While reciting the shlokas from Bhagwad Geeta, he also threw light on the significance of Yoga not only leading to perfect harmonisation between body and mind, but also highlighted Yoga as a means of self realisation and enlightenment. Prof. Jasrotia also congratulated the students for having begun their journey towards ‘self’ by having got trained in certain basic techniques of yoga.

Dr Daud Iqbal Baba Director Directorate of Sports and Physical Education in his remarks talked about the role of yoga being instrumental in development of harmonious life. Dr. Seema Rohmetra, Director, Gandhian Centre presented the welcome address wherein she elaborated the need of practicing principles and practices of Yoga for physical and mental health in the present context of consumerism and materialism where man is in a mad race after material needs at the cost of health. Dr. Mandeep Singh conducted the proceedings of the session and presented the formal vote of thanks. Yoga demonstration and experience sharing was done by the student participants in the valedictory session wherein they expressed gratitude and satisfaction after having learnt the basic yoga techniques and also resolved to continue the practice of yoga in their daily lives. Among others, Dr. Monica Narang, Dr. sapna Sangra, Dr Mandeep Singh, Gagan Kumar, Ravish Vaid, Raj Kumar, Gagan Singh, were also present.



JU won three Team Bronze Medals in KIUG-2022

The fencers of University of Jammu won three Team Bronze Medals in 3rd Khelo-India University Games-2022 in Men's Epee Team, Men's Sabre Team and Women's Sabre Team held at Lucknow (U.P.) w.e.f 25th May to 3rd June 2023.

The Men's Epee team of University of Jammu comprised of Parvinder Sharma, Shivansh Kapoor, Gourav Thakur and Harsh Singh beat University of Mumbai team while Men's Sabre team included Udhayveer Singh, Suryansh Sharma, Ajay Singh and Harsh Anand beat University of Delhi and won Bronze Medals for the University of Jammu. The third bronze winner team was Women's Sabre included Mokshika Rana, Simran Rajput, Palak Bharti and Mansi Sapolia defeated Kurukshetra University team and won Bronze Medal for the University of Jammu.

The teams were accompanied by Mr. Padam Dev Singh as Team Manager where as Ajay Kumar and Ranchan Sabharwal as Coaches.

Prof. Umesh Rai, Vice Chancellor University of Jammu congratulated the Fencing teams who won medals for the University and applauded the efforts of Dr. Daud Iqbal Baba and entire staff of the Directorate for this achievement at 3rd Khelo India University Games.

Dr. Daud Iqbal Baba, Director Directorate of Sports and Physical Education University of Jammu also congratulated the fencers and supporting staff for this great achievement in KIUG. He further added that Jammu University Fencing Academy is also doing great and hope for more medals at University, National and International level in near future.



