

1. One week Yoga Camp on the Eve of International Day of Yoga for employees, scholars, students and civil society w.e.f 14th to 21st June 2018.



The Directorate of Sports & Physical Education, University of Jammu is organizing a week long Yoga Camp w.e.f. 14-21 June, 2018 at the Gymnasium Hall to celebrate the 4th International Day of Yoga and the opening of which was held today.

Prof. Keshav Sharma, Dean Academic Affairs University of Jammu and Ms. Ranjeeta Jamwal, a Classical Hath Yoga practitioner and an Internationally certified Yoga trainer from U.K. and U.S. Yoga alliance were the Chief Guest and Special Guest respectively on the occasion, which was attended by a large number of participants and other dignitaries from the University as well as Civil Society.

In his address to the participants, Prof. Sharma advised to take maximum benefit from this weekly Yoga Camp by participating actively and after the Camp also, practice Yoga daily for a healthy life.

Dr. Daud Iqbal Baba, Director Sports & Physical Education, University of Jammu while presenting a formal welcome address highlighted the various activities organized by the Yoga Centre.

The said Yoga Camp will be held regularly from today onwards till its concluding ceremony to be held on 21st June, 2018 on the 4th International Day of Yoga. During the camp, asanas, pranayama and classical yoga will be taught to the participants for keeping themselves physical fit and mentally sound.

The proceedings of the programme were conducted by Sh. Sunil Bogale and Sh. Sanjeev Kumar was the resource person.

Other present there were Sh. Lochan Singh Chib, Sh. Raj Kumar Bakshi, Sh. Vikas Karlopiya, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Vinay Manhas, Sh. Pradeep Sharma, S. Harinder Pal Singh, Sh. Jai Bharat, Sh. Ashish Kapoor and Sd. P.D. Singh.

2. 4th International Day of Yoga 2018 Celebrated at the Jammu University



The Directorate of Sports & Physical Education, University of Jammu has organized one week Yoga Camp to celebrate the 4th International Day of Yoga at the Gymnasium Hall, which started on 14th June, 2018 and concluded today i.e 21st June, 2018.

Prof. R. D Sharma Vice- Chancellor, University of Jammu and Sh. Deepak Handa were the Chief Guest and Special Guest on the occasion respectively, which was attended by a large number of participants and other dignitaries from the University as well as from the Civil Society.

In his address to the participants, Prof. Sharma advised to make performing Yoga part of life daily for a healthy body and sound mind.

Dr. Daud Iqbal Baba, Director Sports & Physical Education, University of Jammu presented a formal welcome address and report of the activities organized during the Yoga Camp.

Sh. Sanjeev Kumar was the resource person of the Yoga Camp, who also presented vote of thanks.

Other present there were Sh. Lochan Singh Chib, Sh. Raj Kumar Bakshi, Sh. Vikas Karlopiya, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Vinay Manhas, Sh. Pradeep Sharma, S. Harinder Pal Singh, Sh. Jai Bharat, Sh. Ashish Kapoor and Sd. P.D. Singh.

3. Directorate of Sports and Physical Education celebrated International Yoga Day-2019 at Patnitop on 21st June 2019.



JAMMU, June 21: The Directorate of Sports and Physical Education, University of Jammu celebrated 5th International Day of Yoga at Patnitop. About 200 participants participated in the Yoga session including students of BPED and MPED, PG Diploma in Yoga and the members of civil society.

Prof Manoj Dhar, Vice-Chancellor, University of Jammu in his address stressed open the importance of yoga for mental and spiritual health and urged upon the participants to make yoga a part of their daily course as it helps one to realize ones potential to their fullest. Yoga demonstrates were presented by the student of MV International School, Jammu and PG Diploma of Yoga, University of Jammu. The event was organised under the supervision of Dr Dauood Iqbal Baba, Director, Directorate of Sports and Physical Education , University of Jammu.

Other present there were Sh. Raj Kumar Bakshi, Sh. Vikas Karlopie, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Vinay Manhas, Sh. Pradeep Sharma, S. Harinder Pal Singh and Sh. Jai Bharat.

4. Directorate of Sports and Physical Education organized Yoga Camp during Sports Fest-2019



The Yoga Camp in the Sports Fest-2019 organised by the Directorate of Sports and Physical education university of Jammu at University Sports Stadium w.e.f. 22nd to 24th October, 2019 was inaugurated by **Dr. Jatinder Khajuria**, Registrar, Cluster university of Jammu being the Chief Guest of the event which was attended by large number of students from the University and its affiliated colleges besides the staff of the university and people from the civil society. Prof. Mubarak Singh was the Special Guest on the occasion.

In his welcome address, Dr. Daud Iqbal Baba, Director Sports and Physical Education, University of Jammu briefed about the importance and organisation of the said yoga camp.

The Yoga session was conducted by the Yoga instructor Mr. Sanjeev Kumar Pandey, who conducted various asanas, pranayam and meditation phase wise accompanied by Sandeep Sharma. The proceedings of the session were carried by Suman a student of PG Diploma in Yoga.

5. Directorate of Sports and Physical Education celebrated International Yoga Day-2020 on 21st June 2020.



The Directorate of Sports and Physical Education, University of Jammu celebrated 6th International Day of Yoga at Gymnasium Hall University of Jammu. Around 150 participants participated in the Yoga session including students and faculty of the University of Jammu and the members of civil society.

Prof. Manoj Kumar Dhar, Esteemed Vice-Chancellor, University of Jammu was the Chief Guest on the occasion.

Prof. Dhar in his address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course as it helps one to realize one's potential to their fullest. Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga is also useful in conditions where stress is believed to play a role. Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices etc. are known help modulate the physiological response to stressors.

The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the chief guest, other invited guests and participants of today's session and laid emphasis on various aspects of Yoga. He conveyed the message to the gathering that the Planet Earth is going through a bad time and no body knows actually how to deal with it rather how to survive from this COVID-19.

Yoga helps to build up psycho-physiological health, emotional harmony; and manage daily stress and its consequences. Several randomized controlled studies have shown the efficacy of Yogic practices in management of non-communicable diseases like hypertension, Chronic Obstructive Pulmonary disease (COPD) , bronchial asthma , diabetes , sleep disorders, depression , obesity, etc. that can be comorbid conditions in patients with COVID 19. Yoga has also been shown to be useful in vulnerable population such as elderly, children. The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies stress as a cofactor in infectious disease susceptibility and outcomes. Studies on yoga in managing flu symptoms during an Influenza season have shown promising results. A recent randomized trial comparing meditation and exercise with wait-list control among adults aged 50 years and older found significant reductions in ARI illness during cold season with mindfulness meditation.

Yoga is also known to increase mucosal immunity by increasing Salivary Beta Defensin-2 levels in elderly population. Considering that they are a vulnerable group to contract such infections, yoga may be useful as a preventive measure. Yoga practices such as Kriya, Yogasana and Pranayama have been shown to reduce airway reactivity in elderly subjects with asthma and COPD. Thus, sufficient evidence exists to justify testing the hypothesis that training in Yoga /Meditation can reduce susceptibility to ARI illness. Netikriya is useful in acute coryza and symptoms of cold.

The Yoga session was conducted by Sh. Sanjeev Kumar, Teaching Assistant of the Department of Yoga and Mr. Nikhil Puri. The formal proceedings and vote of thanks was carried out by Dr. Komal Nagar, I/C Assistant Director and Ms. Drishti Sharma.

6. Inter-Collegiate Yoga (M&W) Championship 2020-21

The inter-college Yoga (Men & Women) Championship 2020-21 being organized by the Directorate of Sports and Physical Education University of Jammu at the University Campus concluded today.

In Men Team Section PG Department of University of Jammu bagged 1st Position and 2nd & 3rd position bagged by the GDC Paloura (Mishriwala) and GDC Rajouri respectively. In individually 1st position bagged by Vikrant Anthral of PG Department University of Jammu, 2nd and 3rd position bagged by Baljinder Singh, GCED, Jammu and Kanav Pardhan, GDC, Kunjawani respectively.

In women Team Section GWC, Parade, Jammu bagged 1st Position and 2nd & 3rd position bagged by the PG Department University of Jammu and GWC, Udhampur respectively. In individually 1st Position bagged by Vikansha Pandita, GMC, Rajouri, 2nd and 3rd position bagged by Risha Rajput GWC, Parade, Jammu and Piyush Sharma, GWC, Udhampur respectively.

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

The matches were officiated by the technical panel of experts including: Sh. Sanjeev Kumar Pandey, Sh. Anil Gupta, Harinder Pal Singh, Sh. Mukesh Sharma, Miss. Komal Gupta and Sandeep Sharma.



7. Directorate of Sports and Physical Education celebrated International Yoga Day-2020 on 21st June 2021.

The Directorate of Sports and Physical Education, University of Jammu celebrated 7th International Day of Yoga online at Google meet.

Around 150 participants participated in the Yoga session including students and faculty of the University of Jammu and the members of civil society.

Prof. Manoj Kumar Dhar, Esteemed Vice-Chancellor, University of Jammu was the Chief Guest on the occasion.

Prof. Dhar in his address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course as it helps one to realize one's potential to their fullest. Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga is also useful in conditions where stress is believed to play a role. Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices etc. are known help modulate the physiological response to stressors.

The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the chief guest, other invited guests and participants of today's session and laid emphasis on various aspects of Yoga. He conveyed the message to the gathering that the Planet Earth is going through a bad time and nobody knows actually how to deal with it rather how to survive from this COVID-19.

Yoga helps to build up psycho-physiological health, emotional harmony; and manage daily stress and its consequences. Several randomized controlled studies have shown the efficacy of Yogic practices in management of non-communicable diseases like hypertension, Chronic Obstructive Pulmonary disease (COPD), bronchial asthma, diabetes, sleep disorders, depression, obesity, etc. that can be comorbid conditions in patients with COVID 19. Yoga has also been shown to be useful in vulnerable population such as elderly, children. The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies stress as a cofactor in infectious disease susceptibility and outcomes. Studies on yoga in managing flu

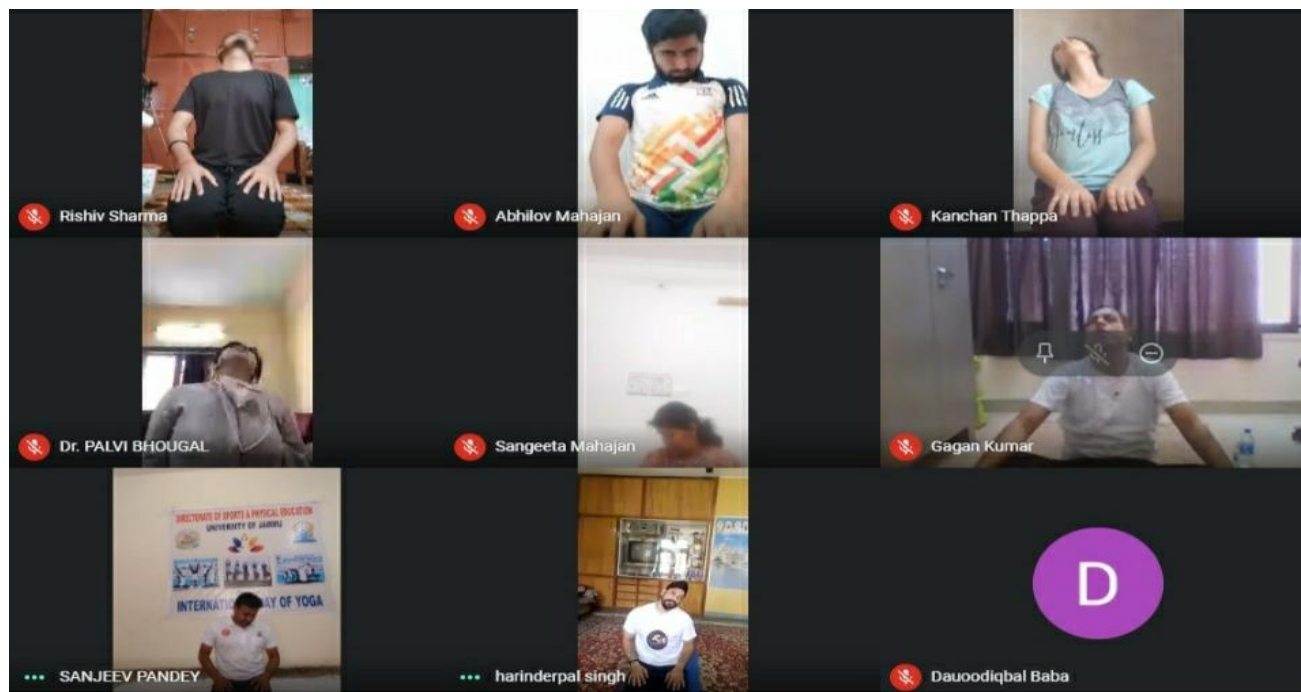
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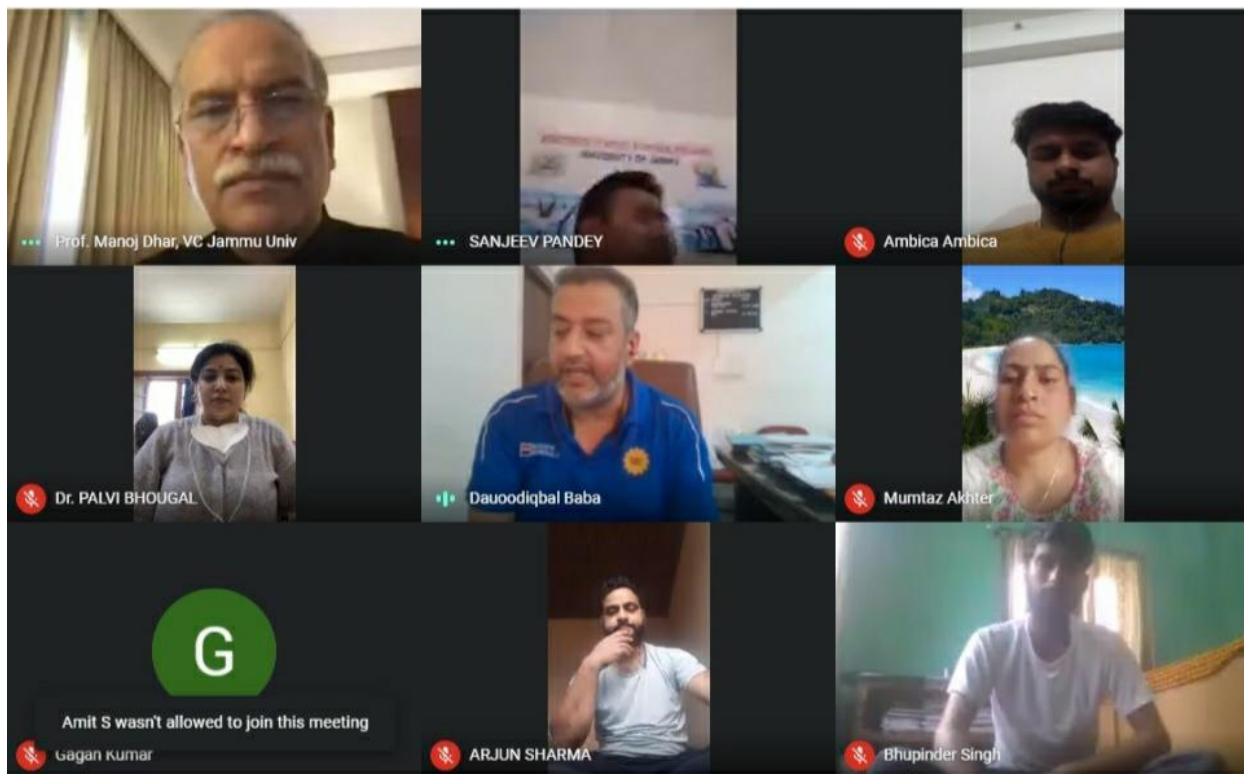
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The Yoga session was conducted by Sh. Sanjeev Kumar, Teaching Assistant of the Department of Yoga.

The vote of thanks was carried out by Mr. Ravish Vaid.

Others present there were Sh. Jai Bharat, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Gagan Kumar, Mr. Harinderpal Singh, Mr. Gagandeep Singh, Dr. Noor ul Asar Beig and Mr. Pankaj Singh.





8. Directorate of Sports and Physical Education University of Jammu Organized 15 days Common Yoga Protocol (CYP)

The Directorate of Sports and Physical Education, University of Jammu organized 15 days Yoga Protocol Camp w.e.f. 6th to 21st June 2022 as per direction of UGC in regards to Ministry of Ayush, at Directorate of Sports and Physical Education, University of Jammu Gymnasium Hall. Around 200 participants participated in the Yoga inauguration session.

Today's inauguration function Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different Asanas and pranayama.

The formal proceedings and Vote of Thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were, Mr. Akhlesh Sharma, Mr. Gagan Kumar, Mr. Harinderpal Singh, Mr. Tarvinderpal Singh, Mr. Ashok Singh Bali, Sh. Sat Paul and Sh. Makhan Lal.



9. Directorate of Sports and Physical Education University of Jammu Organizes Symposium and Poster Competition

Directorate of Sports and Physical Education University of Jammu Organizes Symposium and Poster Competition on the Eve of 8th International Day of Yoga to be held on 21st June 2022 for the students of the University of Jammu and its affiliated Colleges.

The Event was organized under the supervision of the Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu with the assistance of Dr. Mandeep Singh and Mr. Sanjeev Kumar Pandey.

Sh. Padam Dev Singh, Sh. Jai Bharat, Raj Kumar Bakshi, Sh. Ravish Vaid , Sh. Gagan kumar, Sh. Vikas Karlopia, S. Harinder Pal Singh and Jeevan Lal were the judges of the said Event.

The proceeding of the event was conducted by Tarvinder Pal Singh.

Result of Symposisum Competition

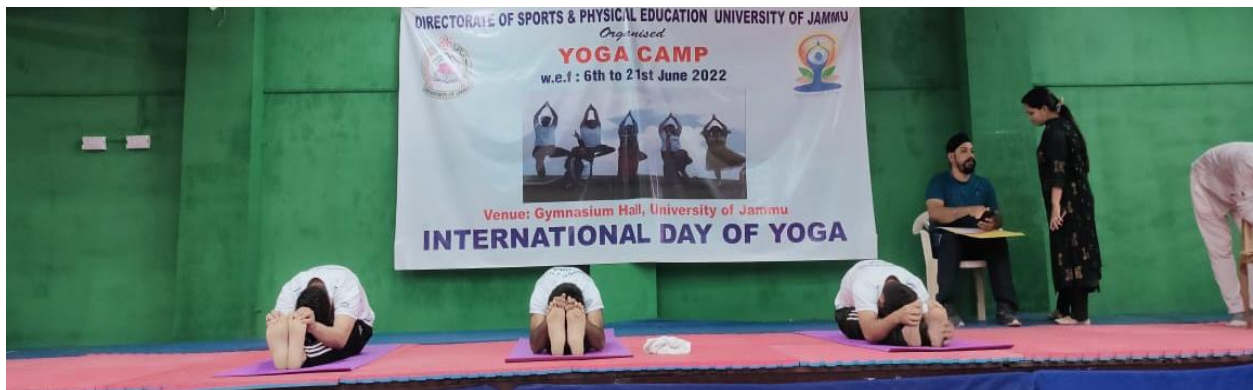
1. Nayara (Department of Electronics)
2. Komal (Depart of Physical Education and Sports)
3. Gonika Yogini (The Yoga Centre) and Shallu Devi (Trikuta College)
4. Consulation Prize : Neha Sharma (Depart of Physical Education and Sports)

Result of Poster Making:

1. Komal (Depart of Physical Education and Sports)
2. Sheena Jamwal (The Yoga Centre)
3. Muskan (Depart of Physical Education and Sports) and Nidhi Singh (Trikuta College)
4. Consulation Prize Balkes Razia Bali (The Yoga Centre)



10. Yogasana Competition during 15 days Yoga Camp at Directorate of Sports and Physical Education, University of Jammu w.e.f. 6th to 21st June, 2022



11. 15 days Yoga Camp at Directorate of Sports and Physical Education, University of Jammu w.e.f. 6th to 21st June, 2022



12. Directorate of Sports and Physical Education celebrated International Yoga Day-2020 on 21st June 2022.

On the Eve of the 8th International day of Yoga 2022, the Directorate of Sports and Physical Education, University of Jammu concluded the 15 Days Yoga Camp w.e.f. 6th to 21st June 2022 attended by the Employees, Students and Civil Society. Around 150 participated in the said Yoga Camp. Directorate organized many workshops in the different Departments, Girls Hostels and Boys Hostels of the University of Jammu and also organized the Symposium, Poster making and Yogasanas Competition.

The welcome address was presented by Dr. Mandeep Singh, Asstt. Professor, Physical Education, University of Jammu. In his address, Dr. Mandeep welcomed the chief guest, other invited guests and participants of today's session and laid emphasis on various aspects of Yoga.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu gave brief detail of the activities organized in the 15 days Yoga Camp, workshop, Symposium, Poster Making and Yogasana competition. Dr. Daud in his address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course.

The event was collaborated by Confederation of Indian Industries and also provided refreshment to the participants, while addressing the members of Confederation of Indian Industries appreciated the efforts of Directorate of Sports and Physical Education for organizing such event from time to time. They also promised to come forward for all the help to university of Jammu for organizing such event which are beneficial for the society

Sh. Archit Puri, Vice Chairman of Confederation of Indian Industries and the owner of the P-Mark Industry was the Chief Guest of the function and while his addressing the participants explained the importance of practicing Pranayama, Asanas for the mental and Physical development of person. He also applauded the efforts of Directorate of sports and Physical Education and wishes to the part of all future events which will encourage students and society.

Sh. Sanjeev Kumar Yoga Teacher conducted the Yoga sessions in the Yoga camp and other Yoga Workshops on the celebration of 8th International Day of Yoga. An Advance demonstration performed by Sandeep Sharma and the Yoga students.

Other prominent Mr. Shobit Vaid Executive CII Mr. Vivek Sagar Executive CII, Mr. Raj Kumar, Ravish Vaid, Gagan Kumar, Jai Bharat, Vikas Karlopiya, S. Harinder Pal Singh, S. Tarvinder Singh, Sanjeev Sharma and Miss Bhavna were present in function.



13. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Girls Hostel University of Jammu on 18.05.2022

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Girls Hostel University of Jammu. Around 200 participants participated in the Yoga session for students of different Girls Hostel including Priya Darshani Girls Hostel, Sarojani Naidu Girls Hostel and Chander Bhaga Girls Hostel and the warden of the Hostel Respectively University of Jammu and Prof. Shashi Manhas was the Special Guest of the occasion.

Prof. Shashi Manhas in her address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course as it helps one to realize one's potential to their fullest. Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness.

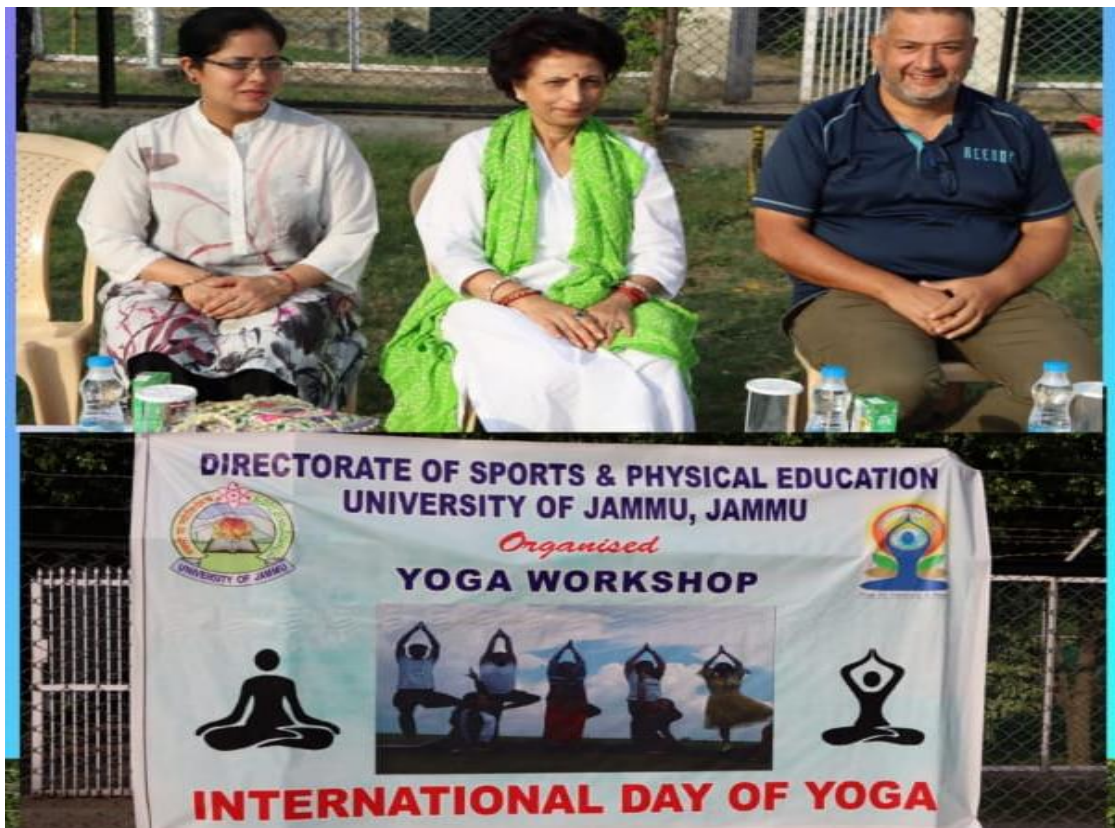
The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the Special guest, other invited guests including warden Prof. Hardeep Chahal Hod Commerce, Dr. Palvi Sachdeva Warden Priyadarshni Girls Hostel, Dr. Chinmey Maharan Warden Sarojani Naidu Girl Hostel and Ms. Anjali Sharma Chander Bhaga Girls Hostel and participants of today's session and laid emphasis on various aspects of Yoga.

Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar, Teaching Assistant of the Department of Yoga and Mr. Sandeep Sharma.

The formal proceedings and vote of thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were Mr. Gagan Kumar, Mr. Jai Bharat, S. Harinder Pal Singh and Mr. Ashok Singh Bali.



14. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Boys Hostel University of Jammu on 20.05.2022

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Boys Hostel University of Jammu. Around 180 participants participated in the Yoga session for students of different Boys Hostel including Vivekanad Boys Hostel, Nehru Boys Hostel, Babab Jitto Boys Hostel and Jambo Lochan Boys Hostel University of Jammu and Prof. Satinder Kumar was the Special Guest of the occasion.

Prof. Satinder kumar in his address advised all the participants to do Yoga and also advise them to include Yoga in their daily routine.

The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the Special guest Prof. Satinder kumar and other invited guests including warden of different Boys Hostels Dr. Jaspal Warmal, Dr. Rajesh Sharma, Dr. Satya Priya, Dr Joginder Singh, Dr. Ashwani kumar, Dr. Ripudaman Parihar, Dr. Umesh Paudal , Dr. Bhushan Kumar, Rameshwar Jamwal and participants of today's session and laid emphasis on various aspects of Yoga. Dr. Daud Iqbal Baba also conveyed some important aspects of Yoga to the participants.

Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different asanas and pranayama. and Mr. Sandeep Sharma demonstrate asnas.

The formal proceedings and vote of thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were Mr. Gagan Kumar, Mr. Jai Bharat, S. Harinder Pal Singh and Mr. Ashok Singh Bali.



15. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Directorate of Distance Education, University of Jammu on 02.06.2022

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Directorate of Distance Education University of Jammu. Around 100 participants participated in the Yoga session for students of Distance Education, University of Jammu and Prof. Satnam Kour was the Special Guest of the occasion.

Prof. Satnam Kour Director, Directorate of Distance Education University of Jammu, in her address advised all the participants to do Yoga and also advise them to include Yoga in their daily routine.

The welcome address was presented by Dr. Jaspal Warmal Assistant Professor Distance Education, University of Jammu. In his address, Dr. Jaspal Warmal welcomed the Special guest Prof. Satnam Kour and other invited guests including staff members of Distance Education Prof. Sandeep Tandon, Dr. Neha Vij, Dr. Rajveer Sodi, Dr. Joginder Singh, Dr. Heena Abrol, Dr. Neelam Choudhary, Rohni Suri, Stinder Singh and other participants.

Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different Asanas and pranayama. Mr. Sandeep Sharma and Gourav Raina demonstrate Asanas.

The formal proceeding was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education and Vote of Thanks by Dr. Joginder Singh.

Others present there were Mr. Ravish Vaid, Mr. Vikas Karlopiya, Mr. Gagan Kumar, Mr. Ashok Singh Bali, Sh. Sat Paul and Sh. Makhan Lal.



16. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Department of Commerce, University of Jammu on 07.06.2022.

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Department of Commerce, University of Jammu. Faculty, Employees, Scholars and Students participated in the Yoga session.

Prof. Hardeep Chahal, HOD of the Department of Commerce in her address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their routine life for health.

The formal proceedings and conducted of the Yoga session by Mr. Sanjeev kumar Pandey, Teaching Assistant of Directorate of Sports and Physical Education, University of Jammu. Mr. Sanjeev Kumar gave important information about the benefits of Asanas and pranayama.

The vote of thanks was carried out by Prof. Gurjeetkour, Department of Commerce. Others present there were Mr. Gagan Kumar and Asanas demonstration by Yoga Students of the Department of Physical Education.



17.Ten Days Yoga Workshop

The 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 w.e.f. 19th May to 28th May 2023 at Gymnasium Hall University of Jammu.



18.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.



19. Directorate of Sports and Physical Education University of Jammu Organizes 7 day Yoga Camp to comemorate 9th International Yoga Day 2023 w.e.f. 15.06.2023 to 21.06.2023

The Directorate of Sports and Physical Education, University of Jammu organizing 7-day Yoga Camp at Gymnasium Hall of Directorate of Sports and Physical Education, University of Jammu under the supervision of Director Dr. Daud Iqbal Baba, Director Directorate of sports and Physical Education. Around 100 participants participated in the Yoga inauguration session which started with intense learning of Basic and Advance practicing of Yog Asanas and Mudras.

In that inauguration function of 7-day camp Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different Asanas, pranayama and Trending Utilization of Yog Mudras. The formal proceedings and Vote of Thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were Mr. Vimal Kishore, Padam Dev Singh, Mr. Vikas Karlopiya, Mr. Gagan Kumar, Harinderpal Singh, Mr. Rohan Kumar, Mr. Buneet Singh, Mr. Tarvinderpal Singh, Mr. Ashok Singh Bali, Sh. Sat Paul and Sh. Makhan Lal.



20.University of Jammu organized Har Ghar Dhyan campaign on International Yoga Day

On the Eve of the 9th International day of Yoga 2023, the University of Jammu under “HarGhar Dhyan Abhiyan” organized International Yoga Day on the theme Meditation and Mental Health in collaboration with the Directorate of Sports and Physical Education, University of Jammu and Confederation of Indian Industry (CII) at Gymnasium Hall University of Jammu on 21st June 2023 where in around 150 participants participated including the Employees, Students and people from Civil Society.

The welcome address was presented by Dr. Shallu Sehgal, Meditation Ambassador, University of Jammu. In her address, Dr. Shallu Sehgal welcomed the chief guest, other invited guests and participants on the occasion of launching the 1st session of “Har Ghar Dhyan Abhiyan” and celebrating International Yoga Day on the theme Meditation and Mental Health. She in her address also introduced “Har Ghar Dhyan Abhiyan” under the aegis of Azadi ka Amrit Mahotsav, Ministry of Culture has collaborated with Art of Living Foundation and launched a campaign to conduct introductory sessions on meditation and mental health for the people of all walks of life. The module has been developed by founder of Art of Living Sri Sri Ravi Shanker Ji.

Prof. Naresh Padha, Dean Academic Affairs, University of Jammu was the Chief Guest of the function and while his addressing the participants explained the importance of practicing Pranayama, Asanas for the mental and Physical development of person. He also applauded the efforts of Dr. Daud Iqbal Baba, Director Directorate of sports and Physical Education along with his whole team and wishes to be the part of all future events which will encourage students and society.

Prof. Jasbir Singh, HoD Philosophy, Prof. Pankaj Srivastava President JUTA were the guests of Honour on the occasion also participated in practicing pranayama and meditation sessions.

The event was collaborated with Confederation of Indian Industries and also provided refreshment to the participants, while addressing the Chairman of CII Sh. Archit Puria also a guest of Honour appreciated the efforts of Directorate of Sports and Physical Education for organizing such event from time to time. He also promised for participating in such events which are beneficial for the society.

Dr. Hema Gandotra, NSS Coordinator University of Jammu also gave valuable remarks on the occasion and stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course.

Ms. Vandana Daftri, Regional Director, Art of Living initiated the Har Ghar Dhyan Campaign and gave an introductory talk on the theme Meditation and Mental Health during the function. She conducted an excellent session for the participants and made them practice pranayam and meditation.

An Advance demonstration performed by Sandeep Sharma and Yoga students of the University of Jammu.

The proceedings and formal vote of thanks was presented by Dr. Mandeep Singh, Asst. Prof. Directorate of Sports and Physical Education, University of Jammu.

Other prominent among Prof. Lalit Sen Provost Hostels, Dr. Sumita Sharma Deputy Registrar, Dr. Meghna Dhar, Dr. Amit, Mr. Raj Kumar, Ravish Vaid, Gagan Kumar, Jai Bharat, Vikas Karlopiya, S. Harinder Pal Singh, Sanjeev Kumar, S. Tarvinder Singh, Rohan Kundal, Buneet Singh, Ashok Singh Baliwere present in function.



Physical Fitness and Wellness, Health and Hygiene

1. University of Jammu Walk for Peace, Harmony, Save Environment and Fit India



Directorate of Sports and Physical Education - University of Jammu organized a magnanimous event "Walkathon" on **29th September, 2019** which was flagged-off by **Prof. Manoj K. Dhar**, Vice Chancellor Jammu University, who was the Chief Guest on the occasion. Around 1500 walkers including students, academia, dignitaries from both civil society and industry and J&K Police participated in the event. The participants pledged for Peace, Harmony, Save Environment and Fit India and walked for 5kms in the City of Temples.

Before the start of the Walkathon, **Prof. Dhar** along with dignitaries also took part in the plantation drive in which various medicinal and herbal plants were planted.

Dr. Daud Iqbal Baba – Director, Directorate of Sports and Physical Education, University of Jammu presented the formal welcome address and also briefed about the whole event. He also informed about the Mega Sports Events which are going to be held later this year.

"Sports Unleashed" – a Sports magazine published under the aegis of Directorate of Sports and Physical Education was also released by Prof. Dhar and other dignitaries on the dice. The magazine highlights the schedule of upcoming Mega Sports Events during the golden jubilee year 2019 marking 50 years of the establishment of the University.

The Chief Guest also unveiled the Souvenir T-Shirt, which was the official jersey of the walkathon event. The same jersey was distributed to the hundreds of participants taking part in the event.

While speaking on the occasion Prof. Dhar applauded the efforts put in by students, Directorate, Coaches and staff for their untiring contribution towards the successful organization of the event. He congratulated the participants and organizers for their participation and organization of the such a humongous event and advised the participants to actively participate in the Sports activities for being physically fit and mentally sound. The Chief Guest also made an important announcement regarding the organization of Half Marathon, an International Event to be organized by the Directorate of Sports and Physical Education – University of Jammu in collaboration with the Jammu Athletes Club on 10th of November, this year.

Prominent among Prof. Kulwant Singh - Controller of Examinations, Prof. Jasbir Singh, Dean Students Welfare, Dr. Jatinder Khajuria – Registrar, Cluster University of Jammu, Prof. Arti Bakshi, Prof. Yog Raj Sharma, Prof. Tajjudin, Prof. Sushil, Prof. Reyaz, Dr. Sanjana Koul, Sh. Prabhat Singh - Veteran Marathon runner, Dr. Neeraj Sharma (Spl. Secy to the Vice Chancellor), Sh. Vinay Sharma, IPS – SP South – Jammu, Prof. Yashpal Sharma-Provost Hostels, Prof. Namrata Sharma, Prof. Seema Langer, Prof. Sangita Gupta, Dr. Sapna Sangra, Dr. Seema Rohmetra, Dr. Aubid Parrey, Dr. Sarabjit Kour, Dr. Navdeep Kour, Sh. Pawan Singh Bhau – President, JUNTEU, Dr. Ashutosh Sharma, Sh. Suneel Mahajan, Sh. Vikram

Gupta, Sh. Gourav Gupta, Er. Akash Bhola (AEE), Er. Jeevan Singh Thakur, Capt. S. R. Dubey, Mr. Irfan Goni, Sh. Romesh Sharma, Dr. Brij Baloria, Dr. Noor ul Asrar Beg, Mr. Vikas Karlopiya, Mr. Ravish Vaid, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, Mr. Harinderpal Singh, Mr. Sanjay Verma, Mr. Sanjeev Sharma, Sh. Jai Bharat, S. P. D. Singh, Sh. Vinod Sharma, Physical Directors of the various colleges, sportspersons and members from the civil society also joined the event.

The formal proceedings of the event were carried out by Dr. Komal Nagar, I/C Assistant Director, Sports and Physical Education and Ms. Kussum Tickoo was the announcer on the occasion.

2. Jammu University Trekking Expedition concluded at Leh



The trekking expedition of the University of Jammu organized by the Directorate of Sports & Physical Education, University of Jammu concluded successfully at Leh.

The expedition was organised from **27th June to 8th July, 2019** on the world famous trekking route Sku to Hemis (Leh) at a maximum height of 5400 meters above the sea level, and it concluded after trekking more than 100 kms distance in five days in which Sara, Markha, Hankar, Nimaling Chakdo, Shangdo and Hemis, the trekking stations/villages were covered.

The students from the GDC Bhaderwah, Paloura, Gool, Hiranagar, Akhnoor, R,S Pura, Thannamandi, Samba, Sunderbani, Kalakot, Bani and from University of Jammu campus were the members of the said expedition besides the administrative/supervisory and supporting staff from the Directorate namely Padam Dev Singh, Raj Kumar Bakshi, Vikas Karlopiya, Madan Gopal, Sat Pal and Kuljeet Singh under the leadership of Dr. Daud Iqbal Baba Director. The

said expedition was organized under Jigmat, a professional and certified guide.

3. 10 days 'Hiking and trekking expedition' concluded in Bhaderwah





A 10 days 'Hiking and trekking expedition' w.e.f. 21st to 30th November, 2020 borganized by Directorate of Sports and Physical Education (SPE) Jammu University concluded in Bhaderwah with a valedictory function. The aim of the expedition was to bring Bhaderwah on the international map of trekking.

Fifty trekkers including 40 students drawn from different Colleges of Jammu Division, Jammu University and Bhaderwah Campus along with 10 staff members participated in the adventure cum motivational trip to the Glaciers of Bhaderwah, while following all precautions and SOPs.

On the concluding day, a valedictory function was organized at Lad Ded Auditorium of Bhaderwah Campus, which was attended by different dignitaries from University of Jammu, Indian Army, Bhaderwah Campus besides students of different affiliated colleges who participated in the expedition.

The students, who explored the glaciers of Bhaderwah in the lap of mighty Ashapati and other destinations said that the initiative of the 'Directorate of Sports and Physical Education (SPE) Jammu University is great to show the hidden beauty of this Bhadarwah valley.



4. Weeklong workshop on Mountaineering Commenced at University of Jammu



Jammu , March 25 : “Azadi Ka Amrut Mahotsav” a five days workshop on Mountaineering commenced at University of Jammu. The workshop is being organized by Directorate of Sports and Physical Education , University of Jammu in collaboration with Pir Panjal Adventures , Jammu under the aegis of University Entrepreneurship and Skill Development Center **w.e.f. 25th to 29th March, 2021.**

An impressive inaugural function was held today at Brigadier Rajinder Singh Auditorium with was attended by the students, staff members of the different wings of JU and Baderwah Campus.

Prof. Naresh Padha Dean Academic Affairs University of Jammu and Convener RUSA was the chief guest on the occasion while as Prof. Alka Sharma Convener UESDC University of Jammu was guest of honor.

In his address , Prof. Naresh Padha while appreciating the efforts of department of Sports and Physical Education, said that Since Dr Daud Iqbal Baba have taken over as the charge of the department, there has been scores of activities to explore the hidden talent of the youths living in far off areas. “Being A+University, University of Jammu is among the ten best Universities of India,” he said adding further that the way department of sports is exploring the new ideas to uplift the standard of the department is a positive sign and soon we can produce sports persons who can represent Jammu and Kashmir (UT) at national as well as on international level.

Prof. Alka Sharma Convener UESDC University of Jammu in her address said that its first ever workshop UESDC and department of sports is organizing in collaboration with Pir Panjal Adventures, Jammu. “Such programs will be organized in future also to involve more youths in mountaineering and hiking expeditions,” She said adding further that for the first times employees from the satellite campuses are participating in such workshop and we are hopeful that after attending this workshop they will definitely share their experience with other employees and students of their campuses.

In his welcome address, Dr Daud Iqbal Baba, Director Directorate of Sports and Physical Education, University of Jammu presented detailed report of the trekking and hiking expedition campus organized by the sports and physical education at Ladakh , Bhaderwah and Mansar in Kathua district.

“The idea of organising this workshop is to introduce the concept of initiating adventure sports in and around Jammu province under the jurisdiction of University of Jammu,” he said adding further that since Jammu division is blessed with an incredible topography, marked by fast flowing rivers, high altitude passes, fabulous mountains slopes,, lovely forests and mountains that make it possible to explore various kinds of adventure activities like trekking, hiking, river rafting, mountain biking, horse riding, skiing adventure, jeep safari, mountain climbing, para gliding, angling and fishing.

Sh Pranav Bandral Director Pir Panjal Adventures group informed that during this weeklong workshop, training lectures on different topics like hiking, climbing, CPR, Rappelling , river crossing, food hunting skills , tent pitching and other mountaineering skills shall be taken apart from these two days field training on above mentions topic shall be imparted.

Those present were Dr Anil Gupta , Dr Farah Chowdhary , Bhaderwah Campus team headed by Mr. ArifHaleemKhateeb, Mr. Ravish Vaid, Mr Raj Kumar Bakshi , Mr VikasKarlopia, ShGagan Kumar , ShPadamDev Singh , Sh. Jai Bharat , ShSanjeev Sharma, Mr. Harinder Pal Singh, Mr Sanjay Verma, ShManikSlathia and Sh SouravJamwal.

The formal vote of thanks were presented by Dr. Komal Nagar Assistant Director, Directorate of sports and Physical Education , University of Jammu.



5. Prof Lalit Magotra addressed Workshop on Mountaineering



Jammu , March 26 : As a part of lecture series during the ongoing workshop “Azadi Ka Amrut Mahotsav” on Mountaineering being held at University of Jammu, Dogri writer Prof Lalit Magotra today shared his experience with the participants.

The workshop is being organized by Directorate of Sports and Physical Education , University of Jammu in collaboration with Pir Panjal Adventures , Jammu under the aegis of University Entrepreneurship and Skill Development Center.

While appreciating the role of Directorate of Sports and Physical Education, University of Jammu , Prof. Lalit Magotra said that since Dr Daud Iqbal Baba has taken over the charge of department , scores of activities are going on daily basis.

“In times to come Jammu University will produce good sports persons who will represent State on national as well as international level.

It is pertinent to mention here that Prof. Lalit Magotra is an ace tracker from the last 40 years. He has visited scores of tracks throughout the world and he is still tracking at the age of 74.

He said that mountain climbing is an expedition that brings you closer to nature and helps you connect with it closely. “Furthermore, a person who decides to do mountain climbing has already accomplished and overcome his fear. It is an activity that teaches a lot about facing challenges and overcoming our fears,” he added

People also take up mountain climbing to set new records or break the older ones. But, it is safe to say that most of them do it for the thrill of the experience and doing something adventurous. “It does pose a lot of challenges for the person but that does not stop people from pursuing it nonetheless,” he added further

Those present on the occasion were Dr Daud Iqbal Baba Director Directorate of Sports and Physical Education, Dr Komal Nagar, Mr. ArifHaleemKhateeb, Mr. Ravish Vaid, Mr Raj Kumar Bakshi , Mr VikasKarlopia, ShGagan Kumar , ShPadamDev Singh , Sh. Jai Bharat, ShSanjeev Sharma, Mr. Harinder Pal Singh, Mr Sanjay Verma and Arshad Hussian



6. Weeklong workshop on Mountaineering Concluded at University of Jammu

The weeklong workshop “AzadiKaAmrutMahotsav” on Mountaineering concludes at University of Jammu here today.

The workshop was organized by Directorate of Sports and Physical Education , University of Jammu in collaboration with Pir Panjal Adventures , Jammu under the aegis of University Entrepreneurship and Skill Development Center.

More than 150 students, staff members of the different wings of JU and Bhaderwah Campus participated in the workshop. During this workshop, training lectures on different topics like hiking, climbing, CPR, Rappelling, river crossing, food hunting skills , tent pitching and other mountaineering skills were taken apart from these two days field training on above mentions topic were imparted.

Prof Renu Nanda, Dean faculty of Education was chief guest on the occasion while as Prof. Alka Sharma Convener UESDC University of Jammu was guest of honor

Speaking on the occasion , Prof Renu Nanda shared her experience with the participants. “Mountain climbing is an expedition that brings you closer to nature and helps you connect with it closely. It is an activity that teaches a lot about facing challenges and overcoming our fears,” She added

Appreciating the efforts of department of Sports and Physical Education, Prof. Renu Nanda said that Since Dr Daud Iqbal Baba have taken over the charge of the department, there has been scores of activities to explore the hidden talent of the youths living in far off areas

Prof. Alka Sharma Convener UESDC University of Jammu in her address said that since its first ever workshop UESDC and department of sports is organizing in collaboration with Pir Panjal

Adventures, Jammu and the outcome of the work shop is very encouraging. “Such programs will be organized in future also to involve more youths in mountaineering and hiking expeditions,” She added

Dr Daud Iqbal Baba Director Directorate of Sports and Physical Education, University of Jammu presented the detailed report about the workshop. He said all kindness and efforts to participate in this workshop and getting along with the tough training with the tough schedule. “I am convinced that the most valuable outcome of this training workshop is getting together with each participant,” he said adding that several important insights and action items were accomplished through this workshop.

“The basic idea of organising this workshop is to introduce the concept of initiating adventure sports in and around Jammu province under the jurisdiction of University of Jammu” Dr Daud added

Participants expressed their views about the seminar and thanked the Directorate of Sports and Physical Education for organising such events.

Those present were Dr Anil Gupta , Dr Farah Chowdhary , Bhaderwah Campus team headed by Mr. ArifHaleemKhateeb, Mr. Ravish Vaid, Mr Raj Kumar Bakshi , Mr VikasKarlopiya, ShGagan Kumar , ShPadamDev Singh , Sh. Jai Bharat, ShSanjeev Sharma, Mr. Harinder Pal Singh, Mr Pranav Bandral , Mr Sanjay Verma, Mr ManikSlathia, Mr. Sourav Jamwal and Mr. Arshad Baba.

The formal vote of thanks were presented by Dr. Komal Nagar Assistant Director, Directorate of sports and Physical Education, University of Jammu.

7. Annual Physical Education Camp commenced from Bhaderwah Campus



200 students from University of Jammu to be part of expedition

The ten days long “Annual Physical Education Camp for B. P Ed and M. P Ed students commenced from Bhaderwah Campus.

Hiking & Trekking Expedition is being organized by the Directorate of Sports and Physical Education, University of Jammu in collaboration with Rashtriya Rifle Battalion at Bhaderwah and Bhaderwah Campus from **July 29th to 6th August, 2021.**

Commanding Officer (CO) of Rashtriya Rifles Battalion who was the chief guest on the occasion, flagged off the Students from Bhaderwah Campus. While as Prof. Vinod Sharma Rector Ramnagar Campus and Dr Daud Iqbal Baba Director Sports and Physical Education University of Jammu was also present on the occasion.

Expedition will be held at the trekking routes of surrounding mountains of Bhaderwah. “Annual Physical Education Camp have many activities which are Yoga sessions, Morning/evening Conditioning drills, Hiking and trekking, Sports Activities, Cultural activities, Art & Craft activities, Painting Competition, Cleanliness drive (Swachh Bharat Abhiyan).

Vice Chancellor University of Jammu Prof. Manoj K Dhar in his message has appreciated the role of Indian Army for collaboration and support. “University of Jammu and Indian Army’s Rashtriya Rifle Battalion at Bhaderwah are working as a single entity for the last so many

years. Without the support of Indian Army, organizing such events is not possible. He has advised the students to enjoy the trekking maintaining the discipline and following the guidelines issued by the Government from time to time for the prevention of the Covid-19.

While addressing the students Commanding Officer of Rashtriya Rifle Battalion appreciated the efforts of the students & efforts of the University of Jammu especially Dr Daud Iqbal Baba for organizing the expedition at this moment when all the activities are stalled due to the Covid-19. He said that such kinds of events help youths to keep themselves away from anti-social activities.

He further said that Indian Army, which is already performing the onerous task of guarding the borders as well as combating terrorism is also doing a lot to mitigate the sufferings of the people as well as improve their quality of life, both in urban and rural areas as well as in extremely remote and inaccessible locations.

Dr. Daud Iqbal Baba, Director Directorate of Sports and Physical Education, thanked Rashtriya Rifles Battalion and Baderwah Campus for its collaboration with the said event as a good will gesture. "Indian army has always served as an example of national integration, secularism and sacrifice, its people-centric initiatives in UT J&K have been a resounding success. Moreover, since its rank and file come from all over the country and belongs to every caste, community and walk of life, it's a truly 'peoples' army' and its well-known humane approach has created an exceptionally strong bond between people of UT JK and the army," he added

He apprised about the route and 10 days programme of the expedition. He also thanked Prof Rahul Gupta Rector Baderwah Campus for providing all the help to make this event successful.

The officials present on the occasion were officials from Indian Army, Mr Raj Kumar, Mr Ravish Vaid, Mr Gagan Kumar, Mr Vikas Karlopiya, Mr Jai Bharat, Mr Harinder Pal Singh, Mr Sanjay Verma, Mr Sanjeev Sharma, Mr Arshad Baba and Manzer Saleem.





8. Ten day long Annual Physical Education Camp concluded

Indian Army will continue to work to explore hidden talent of youths : CO 4RR

Bhaderwah , August 7th : The ten days long “Annual Physical Education Camp” concluded. The expedition was organized by the Directorate of Sports and Physical Education, University of Jammu in collaboration with 4 Rashtriya Rifles (RR) and Bhaderwah Campus from July 28th to 6th August 2021.

BP Ed and M. P Ed students of Directorate of Sports and Physical Education University of Jammu were part of this trekking expedition.

A simple but impressive function was held at Lad Ded auditorium Bhaderwah Campus which was attended by the officials from 4 Rashtryia Rifles, University of Jammu ,Bhaderwah Campus.

Vice Chancellor University of Jammu Prof. Manoj K Dhar in his message thanked the Indian Army for its support and collaboration in organizing such camps. “I would like to express my gratitude towards your sincere contribution and worthwhile approach during the ongoing event in Bhaderwah and its adjoining areas. I firmly believe that in future also your active collaboration will continue to make our upcoming event as exciting and symbolic as has been since year 2009-10.”

Commanding Officer 4 Rashtriya Rifles Col RajatParmar was the chief guest of the valedictory function. Speaking on the occasion Commanding Officer 4 RR hailed the efforts of University of Jammu especially Dr. Daud Iqbal Baba, Director for organizing such event in harsh cold weather. “when all the activities are stalled due to the Covid-19, the way these students Trekking difficult tracks like Hiyen Jie Gathie and BalPadri and participated in different sports activities is very appreciable.” Such kinds of events help youths to keep themselves away from anti-social activities like drugs he added that Indian Army will continue to work to explore hidden talent of youths of UT Jammu and Kashmir.

While speaking on the occasion ,Dr.Daud Iqbal Baba, Director Directorate of Sports and Physical Education thanked Rashtriya Rifles andBhaderwah Campus for its collaboration with the said event as a good will gesture. “I on behalf of Vice Chancellor University of Jammu Prof. Manoj K Dhar wants to thank Indian Army (4RR) and Rector Bhaderwah Campus Prof. Rahul Gupta for its unending support and cooperation in organising this event,” It is the beginning of a new chapter of relations between Indian Army and University of Jammu.

He further said that a mission to promote and highlight Bhaderweah as a destination for various sports events particularly adventure sports, University of Jammu will; always seek the guidance and assistance from Indian Army as a collaborative partner so that the enery of youth could be channelized in proper and positive way and the youth will be an asset to serve mother india in different areas.

Dr Daud Iqbal thanked media fraternity for giving huge media coverage to the expedition. “I am very thankful to media fraternity for their support in making this event successful. It’s because of you that todayBhaderwah is being seen a safe destination for trekkers / Winter sports and winter tourism internationally,” He also thanked Bhaderwah Campus University of Jammu for providing all the possible help during this ten days long expedition.

A colourful cultural bonanza was also presented on the occasion by B.P Ed and M. P Ed students depicting the culture of Bhaderwah and its adjoining area. The participants also expressed their views about the expedition.

The proceedings of the valedictory function was conducted by Arif Haleem Khateeb External Relations Officer Bhaderwah Campus and Nodal Officer of the event.

The officials present on the occasion were officials from Indian Army, Ar Bhaderwah Campus Sheikh Mujeeb , Mr Raj Kumar , Mr Ravish Vaid , Mr GaganKumar , Mr VikasKarlopia ,Mr Jai Bharat , Mr Harinder Pal Singh , Mr Sanjay Verma , Mr Sanjeev Sharma , Mr Arshad Baba , Mr ManzerSaleem and Manjeet Singh Kotwal.

9. Vice Chancellor flagged off Women Hiking and Trekking Expedition

The Directorate of Sports and Physical Education, University of Jammu organized 5 days Women Hiking and Trekking Expedition at Mansar **w.e.f. 8th March to 12th March, 2021** on the occasion of the International Women's Day for 50 students of the various Colleges of the Jammu Province affiliated with University of Jammu as well as the students of Jammu University in collaboration with the Pir Panchal Adventures.

Earlier, **Prof. Manoj Kumar Dhar**, Vice Chancellor University of Jammu flagged off the contingent and appreciated the efforts of the Directorate Especially **Dr. Daud Iqbal Baba**, Director Sports and his entire team for encouraging the women participation in the adventurous activities by organizing such types of events. Addressing the participants, Prof. Dhar advised to enjoy the expedition, while respecting the nature and observing the COVID-19 SOP's.

During the said 5 days expedition, trekking to the various routes will be organized viz. Mohargarh, Dergarh, Bovergarh, etc besides other activities such as rappelling, zipline, painting competition, tent pitching workshop and introduction to the adventure equipment. The contingent comprises students from the University of Jammu, GDC Bishnah, GDC Sunderbani, Bhasker Degree College Udhampur, GDC RS Pura, GDC Jindrah, Bhargwa Degree College Samba, GDC Ramnagar, Shivalik College of Education Udhampur, GDC Khour, Sacred Heart College of Education, GDC Reasi, Dogra Degree College, GCW Udhampur, GDC Kishtwar and GDC Kathua.

The officials accompanied the expedition includes Dr. Daud Iqbal Baba, Sh. PadamDev Singh, Sh. Ravish Vaid, Sh. Gagan Kumar, Mrs. Geetanjali Aggarwal, Sh. Sanjeev Sharma, Sh. Surinder Kumar, Sh. Sat Paul, Sh. MakhanLal and Pir Panchal Adventure group- Sourav Jamwal, Sanjay Bandral, Manik Slathia, Pranav Bandral (Director of Pir Panchal Adventure group).





10. Vice-Chancellor flagged off JU Hiking & Trekking Contingent

The University of Jammu 50 members contingent comprises of 40 students and 10 staff members left for the Hiking & Trekking expedition organised by the Directorate of Sports & Physical Education, University of Jammu at Sanasar-Shankhpal w.e.f **27th September to 2nd October, 2021.**

Prof. Manoj K. Dhar, Vice-Chancellor University of Jammu flagged off the JU contingent for participation in the said events along with Dr. Daud Iqbal Baba (Director Sports) in the presence of Vikas Karlopiya (Volleyball Coach), Sh. Ravish Vaid (T.T Coach), Sh. Sanjeev Sharma, Mr. Tarvinder Pal singh , Ms. Bhavana Sharma, Sh. Kuljeet Singh & Sh. Sat Pal Sharma.

While addressing the contingent, Prof. Dhar highly applauded the efforts of the Director, Directorate of Sports and Physical Education, University of Jammu and his entire team for organising adventurous activities throughout the year and engaged the students. He advised the students to follow all the guidelines issued by the authorities from time to time.

He also advised the participants to enjoy the expedition respecting the resources of nature and following the instructions of the staff.

Prior to it, Dr. Daud Iqbal Baba, Director Sports & PE briefed the Vice-Chancellor about the conduct of the said expedition and the activities to be performed during the expedition.





11. Vice-Chancellor flagged off JU Contingent for 3 days Snow Carnival

The University of Jammu, 50 member's contingent 40 students and 10 staff left for participation in the **Snow Carnival** being organized by Indian Army under the aegis of 4RR-Bn (Bihar) along with Bhaderwah Development Authority, Jawahar Institute of Mountaineering & Winter Sports and local Administration at Jai Valley Bhaderwah w.e.f **18th to 20th February, 2022.**

Prof. Manoj K. Dhar, Vice-Chancellor University of Jammu flagged off the JU contingent for participation in the said events along with Dr. Daud Iqbal Baba (Director Sports) and in the presence of Padam Dev Singh (Hockey Coach) Sh. Sanjeev Sharma, Mr. Harinderpal Singh, Ms. Bhavana Sharma, Sh. Kuljeet Singh, & Sh. Makhan Lal.

While addressing the contingent, Prof. Dhar highly praised the efforts of Director of Sports and Physical Education. He said, in the last few years Directorate of Sports and Physical Education has successfully hosted and conducted number of local and national level events which has given a huge exposure to the students in all spheres of Sports Particularly Adventure Sports. He also said that the students will learn how to maintain discipline, brotherhood and harmony in these camps. He congratulated the Directorate for scaling new heights in the area of Sports.

During the said Carnival, various activities will be organized by the organizer to channelize the energy of youth in the right direction.





12. Vice-Chancellor flagged off JU Hiking & Trekking Contingent

The University of Jammu 50 members contingent comprises of 40 students and 10 staff members left for the 4 days Hiking & Trekking expedition organised by the Directorate of Sports & Physical Education, University of Jammu at Dudu Basantgarh w. e.f 12th to 15th March, 2022.

Prof. Manoj K. Dhar, Vice-Chancellor University of Jammu flagged off the JU contingent for participation in the said events along with Dr. Daud Iqbal Baba (Director Sports) in the presence of S .Padam Dev Singh (Hockey Coach), Sh. Ravish Vaid (T.T Coach), Sh. Sanjeev Sharma, Mr. Tarvinder Pal singh , Ms. Bhavana Sharma, Mr. Arshad Baba, Mr. Nissar, Sh. Kuljeet Singh & Sh. SatPal Sharma.

While addressing the contingent, Prof. Dhar highly appreciated the efforts of the Director, Directorate of Sports and Physical Education, University of Jammu and his entire team for organising various Sports & adventurous activities even during the tough time of covid-19 and engaged the students, following all the guidelines issued by the authorities from time to time.

He also advised the participants to enjoy the expedition respecting the resources of nature and following the instructions of the staff.

Prior to it, Dr. Daud Iqbal Baba, Director Sports & PE briefed the Vice-Chancellor about the conduct of the said expedition and the activities to be performed during the expedition.





13. Vice Chancellor flagged off One Day Trekking Expedition (Men & Women)

The Directorate of Sports and Physical Education, University of Jammu is organizing One Day Trekking Expedition (Men & Women) from Jammu University to Manda and back on **23th March, 2022** for 380 students of the various Departments of the Jammu University, offsite campuses as well as the students of Directorate of Sports and Physical Education, University of Jammu.

Prof. Manoj Kumar Dhar, Vice Chancellor University of Jammu was the Chief Guest on the occasion who interacted with the Students and flagged off the Trekking contingent at 7:30 am in the presence of Prof. Parkash C. Anthal (DSW) and Prof. Parmil Kumar HoD Statistics. He appreciated the efforts of the Directorate especially **Dr. Daud Iqbal Baba**, Director Sports and his entire team for encouraging the participation in the adventurous activities by organizing these type of events. Addressing the participants, Prof. Dhar also advised to enjoy the expedition, while respecting the nature and observing the COVID-19 SOP's.

During the said 1-day expedition, the trekking started from University of Jammu through the old Jammu city towards Manda and back via same route to University of Jammu. The contingent comprises students from various department of the Jammu University and offsite Campuses (Kathua Campus, UIET).

The officials accompanied the expedition includes Dr. Daud Iqbal Baba, Dr. Komal Nagar I/c Asstt. Director, Sh. Padam Dev Singh, Sh. Ravish Vaid, Sh. Vikas Karlopiya, Sh. Gagan Kumar, Sh. Sanjeev Sharma, Sh. Raj Kumar Bakshi, Mr. Harinder Pal Singh, Sh. Sanjeev Panday, Ms. Bhavana Sharma, Mr. Manjeet Kotwal, Mr. Jeevan Bhagat, Ms. Afreen Wani, Sh. Kuljeet Singh, Sh. Makhan Lal, Naresh Kumar, Sunny Kumar, Surinder Kumar, Kamal Singh.





14.University of Jammu 10 days Hiking and Trekking Expedition at Kailash organized by the Directorate of Sports and Physical Education University of Jammu

The University of Jammu 60 members contingent comprises of 50 students and 10 staff members left for the Hiking & Trekking expedition at Kailash organised by the Directorate of Sports & Physical Education, University of Jammu w.e.f. **6th to 15th September, 2022.**

Dr. Daud Iqbal Baba (Director Sports) flagged off the JU contingent for participation in the said event in the presence of Sh. Vikas Karlopia (Volleyball Coach), Sh. Ravish Vaid (T.T Coach), Gagan Kumar (Football Coach), Sh.Sanjeev Sharma, Mr. Tarvinder Pal singh, Mr. Jeevan Bhagat and Sh. SatPal Sharma.

He also advised the participants to enjoy the expedition respecting the resources of nature and following the instructions of the staff.





15.University of Jammu 4 days Hiking and Trekking Expedition at Jungle Gali organized by the Directorate of Sports and Physical Education University of Jammu

The University of Jammu 60 members contingent comprises of 50 students including girls and 10 staff members left for the Hiking & Trekking expedition at Jungle Gali organised by the Directorate of Sports & Physical Education, University of Jammu w.e.f. **27th February to 2nd March, 2023.**

Dr. Daud Iqbal Baba (Director Sports) flagged off the JU contingent for participation in the said event in the presence of Sh. Ravish Vaid (T.T Coach), Gagan Kumar (Football Coach), Sh.Sanjeev Sharma, Mr. Tarvinder Pal singh, Mr. Jeevan Bhagat and Sh. SatPal Sharma. He also advised the participants to enjoy the expedition respecting the resources of nature and following the instructions of the staff.





16. University of Jammu 3 days Hiking and Trekking Expedition at Sanasar-Chilla organized by the Directorate of Sports and Physical Education University of Jammu

The University of Jammu 60 members contingent comprises of 50 students and 10 staff members left for the Hiking & Trekking expedition organised by the Directorate of Sports & Physical Education, University of Jammu at Sanasar – Chilla w. e.f 23rd to 25th March, 2023.

Dr. Daud Iqbal Baba (Director Sports) flagged off the JU contingent for participation in the said event in the presence of Sh. Vikas Karlopiya (Volleyball Coach), Sh. Ravish Vaid (T.T Coach), Sh. Sanjeev Sharma, Mr. Tarvinder Pal Singh, Mr. Jeevan Bhagat and Sh. SatPal Sharma. He also advised the participants to enjoy the expedition respecting the resources of nature and following the instructions of the staff.



17. Vice Chancellor, JU flagged off Cyclothon



Smt. P.N. Doshi Women's College, Mumbai in collaboration with the Directorate of Sports and Physical Education - University of Jammu on 22nd November 2019, organized a magnanimous event "CYCLOTHON" which was flagged-off by Prof. Manoj K. Dhar, Vice Chancellor Jammu University, who was the Chief Guest on the occasion along with Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education as a special guest. Around 400 people including students, academia, dignitaries from both civil society and industry were present on the occasion.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education briefed about the event that the Govt. of India has started awareness campaign through **Beti Bachao-Beti Padhao**. This Cyclothon is organized on the same theme that **"Education is every Girl's Right, which will make our future bright."** A team of 21 amateur enthusiastic girl cyclist is eager to set out an ambitious exploit of Cycling about **3700 Kilometers in 34 days** from **Jammu to Kanyakumari** to propagate the message of girl's education.

By participating in a traditionally male dominated domain of adventure sports, these girls wish to take on the wheels and pedal their way to spread awareness about women empowerment through education. The journey started on 22nd November, 2019 from University of Jammu and will finish on 25th of December, 2019 at Kanyakumari.

While speaking on the occasion Prof. Dhar applauded the efforts put in by the staff of **Smt. P.N. Doshi Women's College, Mumbai**, Directorate of Sports and Physical Education, University of Jammu, Coaches, staff and students for their untiring contribution towards the successful organization of the event. He congratulated the participants and organizers for their participation and organization of the such a humongous event and advised the participants to actively participate in such adventurous Sports activities for being physically fit and mentally tough. He also congratulated the cyclist for becoming ambassador of awareness of Beti Bachao- Beti Padhao campaign initiated by Govt of India.

Prominent among others who were present were Dr. Asha Menon, Principal SPN Doshi College, Dr. S. Kumudhavalli, Director, SPN Doshi College, Mr. Abhay Khethni, Trustee, Mr. Piyush Avalani, Trustee, Mr. Gunwant Rachh and Mr. Sanjay Patel, Incharges of Cyclothon, Mr. Rajesh Sharma, Territory Manager, Sh. Rajesh Padha, Marathon runner, Mr. Vikas Karlopiya, Mr. Ravish Vaid, Sh. Raj Kumar Bakshi, Sh. Gagan Kumar, Sh. P. D. Singh, Mr. Sanjay Verma, Mr. Sanjeev Sharma, and officers of BPCL, HPCL, FIREFOX, members of the civil society.

18. Antar Yatra of Dr. Kiran Seth flagged-off at University of Jammu



The SPIC MACAY J&K in collaboration with Directorate of Sports and Physical Education, University of Jammu organised **Swagat and Flag-off** ceremony of Antar Yatra (an inner journey) of Dr. Kiran Seth (founder SPIC MACAY) from Jammu to Kanyakumari in the presence of Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, Dr. Sapna Sangra incharge SPIC MACAY Jammu Chapter and Dr. Seema Rohmetra, Sh. Deep Khare, Principal Jodhamal Public School and cyclist group “Women do Ride” led by Ms. Payal.

Some more glimpses of Physical Fitness and Wellness



1. 1st Edition of Jammu Half Marathon

Jammu Athletes Club organized International event Jammu Half Marathon on 11th Nov. 2018 at University of Jammu in collaboration with the Directorate of Sports and Physical Education in which athletes from all over the country as well as from other countries participate.



2. The Tourism Department organised Twin Lakes Cycling Event in collaboration with the Directorate of Sports and Physical Education from Golf Course Sidhra to Surinsar and Mansar on 2nd Dec 2018.



3. The All India Sports Council of the Deaf, New Delhi organized III North Zone T-20 Cricket Championship of the Deaf in collaboration with the Directorate of Sports and Physical Education recognized by the Jammu and Kashmir State Sports Council from 25th to 27th Oct 2018 at University of Jammu.

Prof. Manoj K Dhar, Hon'ble Vice Chancellor, University of Jammu was the Chief Guest on the occasion and **Dr. Daud Iqbal Baba**, Director Directorate of Sports and Physical Education, University of Jammu was the Guest of Honour.





4. The Bharat Petroleum Corporation Limited organized “WALKATHON” in association with Directorate of Sports and Physical Education, University of Jammu on 3rd February 2019 at University of Jammu.

Prof. Manoj K Dhar, Hon’ble Vice Chancellor, University of Jammu was the Chief Guest on the occasion and **Dr. Meenakshi Kilam**, Registrar University of Jammu was the Guest of Honour along with **Dr. Jatinder Khajuria**, Registrar, Cluster University of Jammu and **Dr. Daud Iqbal Baba**, Director Directorate of Sports and Physical Education, University of Jammu.





5. The Jammu and Kashmir Body Building Association organized “57th junior National Body Building Championship 2019” in collaboration with Directorate of Sports and Physical Education, University of Jammu on 4th February 2019 at General Zorawar Singh Auditorium, University of Jammu.

Prof. Manoj K Dhar, Hon’ble Vice Chancellor, University of Jammu was the Chief Guest on the occasion. **Sh. Sanjeev Mahajan**, Administrator, General Zorawar Singh Auditorium, University of Jammu and **Dr. Daud Iqbal Baba**, Director Directorate of Sports and Physical Education, University of Jammu were the Guests of Honour.



6. The Little Millennium School in collaboration with the Directorate of Sports and Physical Education, University of Jammu organized 'Kids Marathon' for the children under the age of 14 years in association with Radio Mirchi and Directorate of Samagra Shiksha under the aegis of J&K State Sports Council on 24th March 2019 at Sports Stadium, University of Jammu in which over 2000 children, between the age group of two to fourteen years took part to create awareness against 'Child Abuse'.

The marathon was inaugurated by the advisors to the J&K Governor, K Vijay Kumar and Khurshid Ahmed Ganai along with Prof. Manoj K Dhar, Vice Chancellor, University of Jammu and Sh. Dilbagh Singh IPS, Director General of Police, J&K.



7. The Special Olympic Bharat- Jammu and Kashmir organized **Asian Football Week** for the Special Children (Mentally retarded) in collaboration with the Directorate of Sports and Physical Education, University of Jammu and Sahyog India w.e.f 20th to 27th July, 2019 at Directorate of Sports and Physical Education, University of Jammu.

Prof. Manoj K Dhar, Hon'ble Vice Chancellor, University of Jammu was the Chief Guest on the occasion and Sh. Sham Lal Sharma, Ex-Minister was the Guest of Honour along with Dr. Daud Iqbal Baba, Director Directorate of Sports and Physical Education, University of Jammu and and Dr. Neeraj Sharma, Special Secretary to Vice Chancellor, University of Jammu.



8. Draw up strategic sports development plan for Divyangjan: LG



LG Manoj Sinha felicitating specially-abled sports persons at Jammu University.

***Honours specially-abled sports persons**

The Lieutenant Governor Manoj Sinha today attended the National Health Festival for Divyangjan, organized by Special Olympics Bharat J&K in collaboration with Directorate of Sports and Physical Education, University of to honour specially-abled sportspersons at the Jammu University.

The programme is being organized on World Health Day in connection with “Azadi Ka Amrit Mahotsav” in 75 cities of India marking the 75 years of independence, by Special Olympics Bharat, a sports organization accredited with International Federation of Sports. Speaking on the occasion, the Lt Governor saluted the dedication and spirit of the special athletes. He observed that a good beginning has been made in the UT through a new Sports Policy, which focuses on sporting facilities and welfare of specially-abled.

Terming them as true role models for the younger generation, the Lt Governor said that specially-abled sportspersons have kindled hopes by their remarkable performance in International events. “I urge sports federations and all other sports bodies in J&K to draw up a strategic sports development plan for the Divyangjan”, he added. All schools and panchayats have been mandated to create sports infrastructure facilities to popularize a robust sports culture among the masses, especially among children and the youth, the Lt Governor said. The Lt Governor observed that under the leadership of the Hon’ble PM Shri Narendra Modi Ji, Divyangjan have been granted their due rights to live a dignified and virtuous life.

9. 2nd Edition of Jammu Half Marathon



The Jammu Athletes Club in collaboration with Directorate of Sports and Physical Education University of Jammu organized IInd Edition of Jammu Half Marathon.

More than 1200 runners from Jammu and all over the country made IInd Edition of Jammu Half Marathon a grand success.

The Marathoners including men, women and children, seasoned and amateur assembled at the University at 5:00 am, which was half an hour before the gathering time. They were grouped as per race their category around 5:30 am, followed by an entertaining Zumba session.

The marathon was flagged off at sharp 6.30 am by **Rohit Kansal, Principal Secretary Planning, Manoj Dhar Vice Chancellor Jammu University** along with the core group of Jammu Athletes Club. The runners were tapped with the tracking chips on the bib and the result of the timings was sent to their respective registered mobiles after finishing the race in the registered category. The Half-Marathon started from University of Jammu, and back via Balidan Stambh, Batra Hospital and Sidhra Flyover.

IG Jammu Mukesh Singh, DC Jammu Sushma Chauhan, SSP Jammu Tajinder Singh, SSP Shailendra Mishra, MD JK SIDCO Ravinder Kumar and SP Jammu South Vinay Sharma took part in the marathon.

Felicitation ceremony was held after the completion of Marathon and was attended by top dignitaries including Navin K Choudhary, Principal Secretary Industries and Commerce and Tourism Department, Mukesh Singh, IG Jammu, Sushma Chauhan, DC Jammu, Tajinder Singh, SSP Jammu, Shailendra Mishra, IPS, Ravinder Kumar, MD JK SIDCO, Vinay Sharma SP Jammu South, CA RK Gupta, Ankur Mahajan from AM Hyundai, Rakesh Gupta from Jammu Pharmaceutical Distributors Association and Daud Iqbal Baba Director Directorate of Sports and Physical Education University of Jammu. The winners of marathon, pacers and ambassadors were encouraged and facilitated by the present dignitaries.

The said event was very well organized and much appreciated by one and all. The hard work and dedication of Jammu Athletes Club towards the goal of engaging the people in sports and spreading the message of “Say No To Drugs And Yes To Sports and Clean India” showed great results.

**Directorate of Sports and Physical Education, University of
Jammu and Jammu Runners Group organized
LONGEST PLOGGING DRIVE OF THE WORLD**







The Directorate of Sports and Physical Education, University of Jammu in collaboration with Jammu Runners Group organized “LONGEST PLOGGING DRIVE OF THE WORLD” led by Mr. Ripu Daman Bevli on 24th of October 2019 at Fountain Plaza, near National Flag University of Jammu.

Prof. Manoj Kumar Dhar, Hon’ble Vice Chancellor University of Jammu was the Chief Guest on the occasion along with Mr. Ripu Daman Bevli and Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu.

Cleanliness drive (Parisar Safai Abhiyan) on World's Earth Day, 2022

The Directorate of Sports and Physical Education organised a Cleanliness drive (**Parisar Safai Abhiyan**) within and outside the department with the help of Students, Faculty and Staff.



The Directorate of Sports & Physical Education, University of Jammu organized Environment activities on World's Environment Day, 2022.

