The Directorate of Distance Education was established in the year 1976 with the objective to reach the un reach ed and provide quality education at the door steps of the learners. The Directorate offers five Post-Graduate Courses in the subject of Mathematics, Economics, Urdu, Commerce, English, Seven Post Graduation Diplomas in Computer Applications, Business Administration, Tourism Management, Home Sciences, Business Entrepreneurship, Cyber Law, Fashion Designing and pre-Primary Teacher Training Programme. The professional courses offered by the Directorate include two year LL.B (Academic), B.Ed and M.Ed programmes. The admission is based on the merit obtained in the qualifying examinations and the medium of counselling for all the courses is English except M.A. Urdu.

Support Services
The support services that Directorate provide to the enrolled students include Library, computer facilities, Audio Visual Lab, Social Activities and Study Tours.

Enquiry Cell
The Directorate has established an enquiry/counseling cell at its headquarters on the campus. The students can seek information regarding our programmes/activities by contacting the official of the Cell on telephone (0194-2102161) or through email (disedu@kashmiruniversity.net) or can personally visit the enquiry cell on any working day. The students can also contact the Director of the Directorate on telephone No> 0194-2429810 or see her personally on any working day.

Grievance Redressal Cell:
In order to generate objective feedback from is students, the Directorate has established a Grievance Redressal Cell. The students can register their grievances by contacting the incharge Grievance Redressal Cell or email: srw_disedu@rediffmail.com B Ph. No. 9419902537

Publications:
The Directorate published two annuals journals, namely "The Communication and Tarseel" to disseminate information about theory, practice and research in the field of distance and open learning and other related areas. Besides, the Directorate publishes a newsletter for the benefit of the distance learners.

Study-Cum-Information Centre:
The Directorate has envisaged a strong network of study-cum-information centres located at district headquarters. Presently, the Directorate has well equipped study-cum-information centre at Srinagar, Jammu, Pulwama, Anantnag, Baramulla, Kupwara, Shopina Bandipora, Leh and Kargil. The study-cum-information centres have been established with necessary infrastructural facilities in the form of text books, audio-video and other related electronic equipment. All relevant and necessary information pertaining to various programmes examination, etc., can be had by contacting the Liaison Officer of the respective study-cum-information centres. The study-cum-information centres are listed below:
University of Kashmir Anthem

O. Mother Kasheer: All founts of knowledge
Have ever been at your bidding command.
O. You who flows like a Vitasta
Of gnosis, through our bosoms.

You willed, and this seat of learning came into being in this paradise on Earth.
This fountain of knowledge made a leap at
Your will; and yours was the intent which bodied
Forth into what we behold around us here.
You are the wisdom of our past which kindly leads us on today.

This is the land that harbours Khamendra's poignant tale,
And treasures Bilhana's fond memories.
Isn't it here that Kalhana's Vitasta sprawls far and wide?
And Abhinava Gupta's ocean of knowledge surges high?

You are the refulgent flame of Lalla's verse;
You are the solemnity of the Sheikh's sacred hymns.
On this campus dawns the benediction of Hazratbal, and
the Moon and the Dal gift the dusk's tranquility. Each Sunny
moment here is the beetle's dance, each dusky moment the quite narcissus.
When aspiring souls take their wing, Budshah comes forth to greet them;
When devotion stirs our souls, we raise a song of praise to Iqbal.

Ghani, who tore his shirt to shreds, spoke for the conscience aroused.
The fresh and bold imagination of Nehru wrung milk out of perspiring rocks.
It's here that 5the Harmukh peaks cool the scorching summer,
And the Lion's eyes burn bright in the Caves of snow.

Under the glory of this lighthouse we turn into various little suns.
Playing ecstatically about this vernal bush, we have the
Heightened sense of beauty and realize the dream of love.
This solid shall blossom into diverse hues of the rainbow,
And the firmament shall feel restless as mercury.
PLEDGE

We swear that we will take part in the All India Inter-University Kayaking and Canoeing Championship-2009/North Zone Inter-University Football (Men) tournament in fair competition, and abide by the rules and regulations, which govern them and participate in true sportsmanship for the honour and glory of sports.

Participating Team Captains

5th All India-University
Kayaking and Canoeing Championship
Nigeen, Srinagar
October 15-18, 2009

North Zone Inter-University
Football (Men) Tournament
University Campus
November 1-10, 2009

EDITORIAL BOARD

Prof. Khurshid Ahmad
Chairman, Campus Sports Committee

Prof. Nisar Ahmad Rather
Director Physical Education/Organizing Secretary

Mr. G.M. Wani
Asstt. Registrar

Miss Nusrat Rashid
M.P.Ed Student

Mr. Mohammad Yusuf
University Swimming Coach

Convener
Chief Editor
Member
Member
Editor

Printed and Published by Prof. Nisar Ahmad Rather, Director Physical Education on behalf of the Directorate of Physical Education and Sports University of Kashmir. Conceived, devised and compiled by Mohammad Yusuf, Swimming Coach. Type set by: Ms Saba, Data Entry Operator, Designed by Professional Graphics, KU Campus, Coverpage concept by Akhter Rasool.
It is a matter of immense pleasure that the Directorate of Physical Education and Sports of our University is going to hold 5th All India Inter-University Kayaking and Canoeing Championship (Men and Women) on the waters of famous Nigeen Lake and North Zone Inter-University Football (Men) Tournament in October-November this year and the said Directorate is also bringing out a commemorative brochure titled “Nigeen” on this occasion with the motto “Save Water Bodies”.

As we know, participation in sports and games goes a long way in personality development of our youth, making them more disciplined, tolerant and understanding, in addition to helping them to grow physically and intellectually. Hence physical education and training has come to be accepted as an integral part of total education.

I am happy to note that the Directorate is doing a commendable job in promoting and developing sports culture in the University and its affiliated/constituent Colleges. There is need of expanding its area of activities in north and south campuses as well. The Directorate has started Master Degree last year and there is now need of starting small professional training courses in sports like skiing, mountaineering, and white water sports which are job oriented and have tremendous scope in tourism sector.

I convey my greetings and best wishes to the participants, officials and guests.

Prof. (Dr.) Riyaz Punjabi
Ph.D. LL.M
It is proud moment for all of us that the Directorate of Physical Education is consecutively entrusted the daunting responsibility of hosting two Inter-University Tournaments in Kayaking/Canoeing and Football (Men) by the Association of Indian Universities, New Delhi. This is now 3rd time that the University is organizing Kayaking and Canoeing championship in the valley. I am sure that these sporting events will be conducted successfully like the previous ones. Kayaking and Canoeing is one of the most popular sports of our state. We have won a number of medals at National and All India Inter-Varsity levels for last many years. Kashmir has in fact played a pioneering role in the promotion of these sports in India. The first three nationals were consecutively held on the waters of Dal in Srinagar. It is great that the modern sophisticated kayaks and canoes are now available with the University, Youth Services Dep't and J&K Police. I am happy to learn that Kashmir University is the only University in the Country which has got its own boats. It is delighting that the theme of the event is to “Save Water Bodies”

I extend my best wishes to the organization and participants on this grand occasion. I also congratulate the Directorate of Physical Education and sports for bringing out a souvenir “Nigeen”.

(Dr. Sheikh Mustafa Kamaal)
I am happy to know that the Directorate of Physical Education, University of Kashmir is hosting 5th All India Inter-Varsity Kayaking and Canoeing Championship (Men & Women) and North Zone Inter-University Football (Men) Tournament from 15th October and 1st November, 2009 respectively. The events, in which nearly 60 teams both men and women are expected to participate, would provide an opportunity to the young ambassadors of goodwill to set an example of sportsmanship. I wish success to the organizers and all the participants who have made it possible for the Kayaking, Canoeing and Football loving people of the valley to witness these prestigious championships. I am sure that these Sporting events would go a long way in promoting sports tourism in the state. I am sure that the Championship would help to develop Nigeen Lake as a major water sports destination. I extend my best wishes to the organization and participants on this grand occasion. I also congratulate the Directorate of Physical Education and sports for bringing out a commemorative brochure “Nigeen” on the occasion.

Farooq Shah
I am glad to know that the Directorate of Physical Education and Sports is hosting Annual All India Inter-University Kayaking and Canoeing Championship and North Zone Inter-Varsity Football Tournament in October-November in Srinagar this year under the aegis of All India Inter-University Board of Sports and Association of Indian Universities, New Delhi.

Both Kayaking/Canoeing and Football have become increasingly popular among our youth and they have excelled in these sports in the past. It is delightful that out of 5 Inter-University Kayaking/Canoeing Championships this University has hosted it 3 times which shows how popular is this sport in our University. Kashmir is in fact blessed naturally with water fronts which is very conducive to Kayaking and Canoeing.

I am happy to know that the Directorate of Physical Education of this University is also bringing out a Souvenir titled “Nigeen” on the occasion. I extend my best wishes to the organizers, participants, officials & guests and hope that event will be a success.

(Prof. S. Fayyaz Ahmad)
It gives me pleasure that the Directorate of Physical Education is organizing All Inter-University Kayaking and canoeing Championship (Men and Women) and North Zone Inter-University Football (Men) Tournament in the University and is bringing out the commemorative brochure titled “Nigeen” on this great occasion. It is wonderful that just in a span of three years the Association of Indian Universities has entrusted us the responsibility of hosting Kayaking championship second time. It is an honour to our University to host two Inter-University events of national and zonal level simultaneously. Our University has raised a state of art facility centre for Kayaking and Canoeing at Nigeen Lake.

These championships will certainly infuse a spirit of goodwill and sportsmanship among young talented students. This will also allow them to interact with each other and know each other’s culture, traditions and language etc. One of the highlights of this Championships is that nearly 40 men and women teams from nearly 30 Universities are expected to partake of it.

I convey my best wishes to the Directorate of Physical Education and sports. I am of the considerable opinion that with the zeal and zest of the Coaches the sports will flourish at national and international level. My best wishes to the participating teams.

(Prof. Khurshid Ahmad)
Welcome Message

I am happy that the All Inter-University Board of Sports, Association of Indian Universities, New Delhi has entrusted us with the responsibility of hosting two tournaments i.e 5th All India Inter-University Kayaking and Canoeing Championship for Men and Women and North Zone Football (Men) Tournament. The championships are being organized with four mottos i.e. to channelize the extra energy of youth in a proper way, to promote and develop sports culture in our University, to promote youth tourism in the state and most importantly to create awareness among masses about alarming water pollution in our water bodies. The theme of the Championship is “Save Water Bodies” This championship would also coincide with the celebration of “International year of Health”. The souvenir brought out by the University Swimming Coach is dedicated to “Nigeen”

Even as we have tried our best to make this event memorable, we would confess that there is always a scope for betterment. And certainly we look forward to the feedback in the form of suggestions as well as criticism from our worthy mentors so as to learn how to overcome constraints of time, space and other hardships.

Having said this let me formally welcome all the participants, officials and guests to 5th All Indian Inter-Varsity Kayaking and Canoeing and North Zone Inter-University Football Championships in the picturesque Nigeen Lake and University Campus with a hope that the championships will be played in the best spirit of sportsmanship. I wish all of you a comfortable, joyous and memorable stay with us.

With a prayer that may this Championship here be harbinger on new era of sports activity, I thank you all.

(Prof. Nisar Ahmad Rather)
Introducing Canoe Polo
5th ALL INDIA INTER-UNIVERSITY
KAYAKING AND CANOEING CHAMPIONSHIP
NIGEEN LAKE, SRINAGAR OCTOBER 15-18, 2009

Programme

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Time</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct13/2009</td>
<td>Youth Hostel, Srinagar</td>
<td>4.00 P.M Onwards</td>
<td>Registration of teams.</td>
</tr>
<tr>
<td>Oct.14/2009</td>
<td>Water Sports (Nigeen Lake)</td>
<td>3.30 P.M</td>
<td>Get together of Managers/Coaches with members of core committee/ Technical Committee</td>
</tr>
</tbody>
</table>
| Oct.15/2009| Water Sports (Nigeen Lake)           | 9.00 A.M      | INAUGURAL FUNCTION
Arrival of teams and officials to the venue. (Nigeen Lake)              |
|            |                                      | 10.30 A.M     | Arrival of the chief Guest. Presentation of Bouquet to the Chief Guest. University Tarana. Paddle past by the participating teams |
|            |                                      | 10.50 a.m     | Welcome Address by Vice-Chancellor                                      |
|            |                                      | 11.00 a.m     | Unfurling of flags by the Chief Guest, Vice-Chancellor, Registrar, Organizing Secretary will escort him to Dias |
|            |                                      | 11.06 a.m     | Introduction of Organizing/Technical Committees and participants with the Chief Guest |
|            |                                      | 11.15 a.m     | Address by Chairman, Campus Sports Committee                           |
|            |                                      | 11.25 a.m     | Address by Guest of Registrar                                           |
|            |                                      | 11.30 a.m     | Address by Guest of Honor                                               |
|            |                                      | 11.35 a.m     | Address by Chief Guest and declaration of the Championship open. The Chief Guest declares, “I declare the 5th All India Inter-University Kayaking and Canoeing Championship (Men and Women-2009/10 open” The captain of the team Take the oath |
|            |                                      | 11.40 a.m     | Opening of Souvenir                                                     |
|            |                                      | 11.45 a.m     | Vote of Thanks by Director Physical Education                          |
|            |                                      | 12:00 Noon    | Heats and Finals of different events will be held from 15-18 October, 2009 |
5th ALL INDIA INTER-UNIVERSITY KAYAKING AND CANOEING CHAMPIONSHIP
NIGEEN LAKE, SRINAGAR OCTOBER 18, 2009

Closing Ceremony

<table>
<thead>
<tr>
<th>18-11-09</th>
<th>2nd</th>
<th>3:30 pm</th>
<th>Arrival of Chief Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Presentation of bouquet and University Tarana</td>
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<td></td>
<td></td>
<td></td>
<td>Welcome address by Chairman Sports Committee.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>K4 (M)  200 M Final</td>
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<td></td>
<td></td>
<td></td>
<td>C2 (M)  200 M Final</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>K4 (W)  200 M Final</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Championship report by Director Physical Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Address by Dean Students Welfare</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Address by Vice-Chancellor</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Address by Guest of Honor</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Address by Chief Guest and distribution of Medals / Certificates.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Vote of thanks by Registrar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chief Guest declares the Championship closed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>“I declare the All India Inter University Kayaking &amp; Canoeing championship (Men &amp; Women) 2009/10 closed” and lowering of flags.</td>
</tr>
</tbody>
</table>
View of Cultural Heritage

1. Floating Rice Depots
2. Floating Vegetable Market on River Jhelum
3. Yachting in the Nigeen Lake
4. Water Transportation of Past Days
5. The Bridge of Shops, Zaina Kadal (1865)
6. Entertainment in Houseboats
**NORTH ZONE INTER UNIVERSITY FOOTBALL TOURNAMENT (MEN)**

1st -10th November, 2009.

### INAUGRAL CEREMONY

<table>
<thead>
<tr>
<th>DATE</th>
<th>VENUE</th>
<th>TIME</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-10-09</td>
<td>Directorate of Physical Education</td>
<td>6:30 pm Onwards</td>
<td>Registration of Teams.</td>
</tr>
<tr>
<td>31-10-09</td>
<td>Gandhi Bhawan University Campus</td>
<td>3:00 pm</td>
<td>Get together of Managers, Coaches with the members of the organizing/technical committee at University Gandhi Bhawan</td>
</tr>
<tr>
<td>1-11-09</td>
<td>University Campus</td>
<td>9:30 am</td>
<td>Assembly of participating teams and their officials in Football ground No. 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:00 am</td>
<td>Assembly of organizing/ ceremony committees at main entrance of ground No. 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:10 am</td>
<td>Guests to be seated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:20 am</td>
<td>Arrival of Chief Guest General salute Presentation of bouquet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:25 am</td>
<td>Welcome address by Vice Chancellor</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30 am</td>
<td>Unfurling of Flags Chief Guest, Vice Chancellor, Registrar, DSW, DPV escort him to dias</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:35 am</td>
<td>Introduction of Organizing ceremony/ Committees with chief Guest.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:45 am</td>
<td>Address by Chief Guest and declaration of Tournaments open. The Chief Guest declares, “I declare the North Zone Inter University Football Tournament (Men) 2009-10 Open</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:00 am</td>
<td>The Captain of the home team takes the oath.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:10 am</td>
<td>Presentation of University Tarana/ Cultural Programme.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:30 am</td>
<td>Introduction of teams with Chief Guest-March Starts.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:35 am</td>
<td>Tea for officials, Managers and Coaches, Organising/Ceremony Committees etc. with the Chief Guest at Gandhi Bhawan.</td>
</tr>
</tbody>
</table>

### FIXTURE

Knockout-cum-League Matches from 2-10 November, 2009
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15 am</td>
<td>Arrival of teams at venue</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Final Match Starts (First half)</td>
</tr>
<tr>
<td>11:15 am</td>
<td>Arrival of Hon’ble Chief Guest</td>
</tr>
<tr>
<td></td>
<td>Presentation of bouquet- welcome address by Chairman University Sports Council.</td>
</tr>
<tr>
<td>11:25 am</td>
<td>Final Match continues (Second Half)</td>
</tr>
<tr>
<td>12:15 pm</td>
<td>Introduction of teams with chief Guest</td>
</tr>
<tr>
<td>12:20 pm</td>
<td>Tournament report by Organizing Secretary (Director Physical Education)</td>
</tr>
<tr>
<td>12:25 pm</td>
<td>Address by Vice Chancellor</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Address by Hon’ble Minister of Education</td>
</tr>
<tr>
<td>12:35 pm</td>
<td>Distribution of Prizes/ Souvenir and words of blessing by Chief Guest.</td>
</tr>
<tr>
<td>12:55 pm</td>
<td>Vote of Thanks by Dean Students Welfare</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Chief Guest declares the Tournament closed. “ I declare the North Zone Inter University Football Tournament (Men) 2009-10 closed” and lowering of flags.</td>
</tr>
</tbody>
</table>
Photo Feature of 4th All India Inter-University Kayaking and Canoeing Championship held in Kashmir University in 2007

Defending Champion Kashmir University Canoe Team

The ultimate of any sporting event

Kashmir University C4 Team in action

Girls in action (K4 Race)

K1 event in Nigeen Lake walled by Kohimaraan

K4 Race in progress
Photo Feature of 4th All India Inter-University Kayaking and Canoeing Championship held in Kashmir University in 2007

Keralian girls stole the show

The venue of the Championship

Registrar while encouraging a Osmania player

Kumauni girls not in good mood

Jubilant G.N.D University Team

Huge House Boats around venue
### Committees

#### ORGANISING COMMITTEE

<table>
<thead>
<tr>
<th>No.</th>
<th>Name and Designation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Prof. Syed Fayaz Ahmad, Registrar</td>
</tr>
<tr>
<td>2.</td>
<td>Prof. Khursheed Ahmad, Chairman, Campus Sports</td>
</tr>
<tr>
<td>3.</td>
<td>Prof. Nisar Ahmad, Director Physical Education</td>
</tr>
<tr>
<td>4.</td>
<td>Dean, Academic Affairs, Kashmir University.</td>
</tr>
<tr>
<td>5.</td>
<td>Dean, College Development Council.</td>
</tr>
<tr>
<td>6.</td>
<td>Dean Students Welfare.</td>
</tr>
<tr>
<td>7.</td>
<td>Controller of Examinations.</td>
</tr>
<tr>
<td>8.</td>
<td>Members of Sports Campus Committee.</td>
</tr>
<tr>
<td>9.</td>
<td>Senior Superintendent of Police (Armed) Srinagar.</td>
</tr>
<tr>
<td>10.</td>
<td>Senior Superintendent of Police, Srinagar.</td>
</tr>
<tr>
<td>11.</td>
<td>Director Department of Tourism or his representative</td>
</tr>
<tr>
<td>12.</td>
<td>Director, Youth Services and Sports, Kmr.</td>
</tr>
<tr>
<td>13.</td>
<td>Medical Officer, Health Centre, Kashmir University.</td>
</tr>
<tr>
<td>14.</td>
<td>Ms. Tabasum, Nawakadal College</td>
</tr>
<tr>
<td>15.</td>
<td>Principal, College of Physical Education, Ganderbal.</td>
</tr>
<tr>
<td>16.</td>
<td>Physical Director, Islamia College, Sgr.</td>
</tr>
<tr>
<td>17.</td>
<td>Physical Director, Gandhi Memorial College, Sgr.</td>
</tr>
</tbody>
</table>

#### RECEPTION COMMITTEE

<table>
<thead>
<tr>
<th>No.</th>
<th>Name and Designation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Registrar</td>
</tr>
<tr>
<td>2.</td>
<td>Controller Examination.</td>
</tr>
<tr>
<td>3.</td>
<td>Chairman, Campus Sports.</td>
</tr>
<tr>
<td>4.</td>
<td>Prof. Farooq Ahmad, Department of Physics.</td>
</tr>
<tr>
<td>5.</td>
<td>Mr. Qaiser Aijaz, Special Secretary to Vice Chancellor.</td>
</tr>
<tr>
<td>6.</td>
<td>Director Physical Education &amp; Sports.</td>
</tr>
<tr>
<td>7.</td>
<td>Dean Students Welfare.</td>
</tr>
<tr>
<td>8.</td>
<td>Prof. M. A Kaw, CCAS.</td>
</tr>
<tr>
<td>9.</td>
<td>Prof. B.A Wafai, University Lands Development.</td>
</tr>
<tr>
<td>10.</td>
<td>Deputy Chief Proctors.</td>
</tr>
<tr>
<td>11.</td>
<td>Proctors.</td>
</tr>
</tbody>
</table>

#### JURY OF APPEAL

<table>
<thead>
<tr>
<th>No.</th>
<th>Name and Designation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Director Physical Education &amp; Sports..</td>
</tr>
<tr>
<td>2.</td>
<td>Chairman Campus Sports.</td>
</tr>
<tr>
<td>3.</td>
<td>Mr. A.R Dar, District Youth Services &amp; Sports Officer, Budgam.</td>
</tr>
<tr>
<td>4.</td>
<td>Mr. Farooq Ahmad, Coach, J &amp; K Police.</td>
</tr>
<tr>
<td>5.</td>
<td>Mr. Rouf Ahmad, Coach Directorate of Youth Services &amp; Sports.</td>
</tr>
<tr>
<td>7.</td>
<td>Mr. Javed Iqbal Khan, Asstt. Tourist Officer</td>
</tr>
</tbody>
</table>
BOARDING/LODGING
1. Mr. G.M Wani Assistant Registrar/ Liaison Officer
3. Mr. Sajid Yousuf Dar, Football Coach.
5. Mr. Shiekh Adil
6. Ten Students of M. P. Ed
7. One Grounds Man.

TRANSPORT COMMITTEE
1. Mr. G.M Shah, Assistant Registrar (Transport)
2. Mr. Sajid Yousuf Dar.
3. Surjeet Kour (Sports Assistant)
4. Five Students of M. P. Ed.

CEREMONY COMMITTEE
1. Prof. Syed Fayyaz Ahmad, Registrar. Convener
2. Dean College Development council.
3. Dean Students Welfare.
4. Chairman, Campus Sports.
5. Prof. F. A Masoodi, Department of Home Science.
6. Dr. Seema Singh, Department of Botany.
7. Prof. A.S Sodhi, Department of Physical Education.
8. Prof. M.S Bhat, Department of Physical Education.
9. Mr. G. M Wani, Assistant Registrar, Sports.
10. Mr. M.Y Kuchey, Consultant to DPE.
11. All Officials of Directorate of Physical Education & Sports.

OFFICE CONTROL ROOM/ INFORMATION CENTRE
1. G.M Rather, Section Officer.
3. Mushtaq Ahmad, Store Keeper.
5. Abdul Hamid-Class IV.
6. Bashir Ahmad-Class IV.

ELIGIBILITY COMMITTEE
1. Mr. G. M Wani, Assistant Registrar, Sports. Convener
2. Mr. Harbindar Singh
3. Ms. Surjeet Kour
EQUIPMENT COMMITTEE
1. Director, Physical Education & Sports.
2. Mr. Mushtaq Ahmad.
3. Mr. Sajid Yousuf Dar
4. Officials from Police Department.
5. Officials from Youth Services & Sports.
6. Mr. Sajad Orderly.

PURCHASE COMMITTEE
1. Chairman, Campus Sports. Convener
2. Director, Physical Education & Sports.
3. Assistant Registrar, (Sports).
4. Coach Concerned

PRESS AND PUBLICITY COMMITTEE
1. Dr. Seema Singh, Department of Botany.
2. Public Relation Officer.
3. Mr. G.M Wani, Assistant Registrar, (Sports).
4. Mr. M.Y Kuchey, Consultant DPE.
5. Mr. Sheikh Adil, Gym Coach.

FINANCE COMMITTEE
1. Dean College Development Council. Convener
2. Prof. F.A Masoodi, Department of Home Science.
3. Deputy Registrar, Accounts.
4. Assistant Registrar, (Sports).
5. Mr. G.M Rather, Section Officer.
6. M. Sultan Mir.

MEDICAL TEAM
1. Chief Medical Officer. Convener
2. Para-Medical Staff.
3. Mr. Saidan(Part Time Lecturer).

SOUVENIR COMMITTEE
1. Prof. Khursheed Ahmad Convener
2. Prof. Nisar Ahmad Rather Chief Editor
3. Mohammad Yusuf, Swimming Coach Editor
4. G.M. Wani, Assistant Registrar Member
5. Ms. Nusrat Rashid, M.P.Ed. Student Member
White-Water Rafting in Kashmir
Rafting on River Indus (Nimo Rapids) in Ladakh
# Our Family

## TECHNICAL

1. Prof. Khursheed Ahmad  
   Chairman, campus Sports Committee  
2. Prof. Nisar Ahmad Rather  
   Director Physical Education and Head  
3. Mohammad Yusuf  
   Consultant to Director Physical Education  
4. Mohammad Yusuf  
   Swimming Coach  
5. Harbinder Singh  
   Hockey Coach  
6. Sajid Dar  
   Football Coach  
7. Miss Sakina  
   Cricket Coach  
8. Sheikh Adil  
   Gymnasium Coach  
9. Amjid Qadir  
   Cricket Coach  
10. Ms. Surjeet Kour  
    Lady Sports Assistant  
11. Javed Ahmad  
    Billiard Marker

## TEACHING FACULTY

1. Prof. A.S. Sodhi  
   Rtd Professor  
2. Prof. M. Sidiq  
   Rtd Professor  
3. Hilal Ahmad  
   Contractual Faculty  
4. Mohammad Yusuf Ganai  
   Guest Faculty  
5. Dr. Saidan  
   Contractual  
6. Prof. A.R. Rather  
   Guest Faculty

## MINISTERIAL STAFF

1. G.M. Wani  
   Assistant Registrar  
2. G.M. Rather  
   Section Officer  
3. Mohammad Sultan  
   Senior Assistant  
4. Mushtaq Ahmad  
   Store Keeper  
5. Ms. Saba  
   Data Entry Operator  
6. Miss Humaira Usman  
   Library Assistant  
7. Abdul Hameed  
   Orderly

## FIELD-STAFF

1. Mohammad Yusuf  
   Head Groundsman  
2. Mohammad Hussain Mir  
   Senior Groundsman  
3. Bashir Ahmad  
   Groundsman  
4. Manzoor Ahmad  
   Groundsman  
5. Ghulam Rasool Yatoo  
   Groundsman  
6. Imran Ahmad  
   Casual  
7. Zahoor Ahmad  
   Casual  
8. Hilal Ahmad  
   Casual  
9. Gh. Mohi-ud-Din  
   Casual
Sports Round up

An Overview of Sports Activities-2009

Sports, a vital part of education and important area of man's cultural heritage has gained momentum under the overall leadership of Prof. Riyaz Punjabi, Hon'ble Vice-Chancellor. Life at University Campus today is full of sporting activities. Due to strikes and other difficulties we could not do much in organizing sporting events. However, our efforts are afoot to hold all tournaments/championships at Inter-Department and Inter-College levels, followed by coaching camps. The Directorate managed to organize following activities during the period January to September 2009, the report of which is as under;

PERIOD: 1ST JANUARY 2009 TO 31ST MARCH, 2010

Participation in Inter-University Tournament-2008/09

The eleven member University Kho-Kho Team (Girls) took part in the Inter-University Kho-Kho Championship, organized by the G.N.D. University, Amritsar under the auspices of Association of Indian Universities in February 2009. The Kashmir University team got walk over against C.D.L. University, Sirsa but lost to West Bengal in the next round.

Conduct of Winter Sports activities:

We began the year on an optimistic note as our Winter Sports program was held at Gulmarg During January-March. The Directorate conducted three training camps in snow skiing during this period. The details are under

(A) Boys Camp:

Thirty selected boys, representing different affiliated colleges/Post-Graduate Departments including Islamia and Gandhi Memorial Colleges, Govt Degree College Tral, Anantnag, Bemina, Pulwama, Sopore, Amar Singh College, S.P College, Govt. Medical College, Post Graduate Departments of Pharmacy and Law etc took part in 15 day long 3 level course i.e. Basic, Intermediate and Advance courses held from 16th January to 30th January, 2009. Entire expenses on their training, equipment, lodging and boarding was borne by the University. The participants were lodged in a Hotel at Gulmarg during their camp. The training was imparted by the University Ski Coach, Mohammad Yusuf who was assisted by two other Guest Instructors of District Winter Games Association, Srinagar. The skiers also skied down from 11,500 feet Kongdori to Gulmarg. Besides using Puma ski lifts the participants also enjoyed Gondola rides during their training. At the end of the camp the skill test was conducted. All the trainees qualified the camp. The following students performed very well and bagged different positions, noted against each. The Medals were awarded to the winners by Assistant Director Tourism Gulmarg, Dr. Illyas on the valedictory function. The results are as under;
Basic Course:
1st Position: Basharat Ahmad Mir, A.S College
2nd Position: Naseer Ahmad, S.P. College
3rd Position: Ashiq Ahmad Sofi, A.S College

Intermediate Course:
1st Position: Syed Wasim Akram, Govt. Degree College, Pulwama
2nd Position: Tahir Gazanfar, Islamia College of Science and Commerce
3rd Position: Junaid Khurshid, Govt. Medical College

Advance Course:
1st Position: Zaid Bin Hamid, Govt. Degree College, Bemina
2nd Position: Tahir Shafi, Gandhi Memorial College, Srinagar
3rd Position: Ahzar Lodhi, Govt. Degree College, Bemina

Among others the camp was visited by Special Secretary to Vice-Chancellor, Mr. Qaisar Ajaz University Executive Engineer, Mr. Burhan and Director Watch and Ward, Mr. Abdul Hamid.

(B) Girls Camp:
A 14 (Fourteen) day long Ski course was exclusively organized for 25 girls, representing different colleges and P.G Departments including Women College M.A. Road, Nawakadal, Govt. Degree College Handwara, Pulwama, Sopore, College of Education, Nowshehra, Islamia College, Post-Graduate Departments of Law, Physical Education and Persian at Gulmarg from 18 Feb, to 3rd March 2009. The trainees were provided lodging and boarding in hotel Zam Zam. The services of two Guest Instructors including one female were hired from District Winter Games Association for assisting the University Ski Coach, Mr. Mohammad Yusuf. To look after the welfare of female trainees the Lady Sports Assistant was deputed with the camp as Manager. For the first time the Director deployed a vehicle for conveyance of the Participants, who had otherwise to walk in knee deep snow for about two kms from hotel to Ski slopes and back with heavy loads on their back, which eased the problems of Students.

The girls were imparted rigorous training at Club Slope in the beginning but later they were shifted to more challenging and thrilling “85 Slope”. The D.P.E visited the camp twice and interacted with the girls. It gave big boost to the morale of the students and encouraged their spirit. As a routine the skill test was conducted at the end of the course. An International Skier of Tourism Department was requested to take test of the students. The results are as under;

Basic Ski Course:
1st Position: Fozia Bashir of Women College Nowakadal
2nd Position: Nusrat Rashid of P.G. Department of Physical Education, Kashmir University
3rd Joint Winners:
a) Gousia Jan of Women College, M. A. Road
b) Rozy Jan of Women College, Nawakadal
Intermediate Ski Course:
1st Position: Sheerazah of Degree College, Pulwama
2nd Position: Naziya Majeed of Women College Nawakadal
3rd Position: Sayima Rashid of Women College, M.A. Road

Advance Ski Course:
There were only two trainees in Advance Course.
1st Position: Assiya Bhat of P.G. Dep't. Of Persian
2nd Position: Suheem Altaf of P.G. Dep't. Of Law

(C) Special course for the students of Directorate of Distance Education:
With a view to inculcate a spirit of sports among the students pursuing education through correspondence courses the Directorate of Physical Education organized yet another ski course for 14 students of Directorate of Distance Education, Kashmir University at Gulmarg from 3rd March to 16th March, 2009. It was first time that the students of D.D.E were involved in adventurous sports. Mr. Sheikh Adil, University Fitness Coach was Manager of the camp.

Inter-College Ski Championships:
The Directorate organized two Inter-College Ski Championships separately for boys and girls at Gulmarg in January and February 2009 respectively. These feedback competitions helped student to perform better in national level competitions. The Results are as under;

(Boys):
(1) Slalom Race:
1st Position: Zaid-Bin Hamid, Bemina College
2nd Position: Arif Rashid, Bemina College
3rd Position: Muzaffar Rasool, Bemina College

(2) Downhill Race:
1st Position: Mushtaq Ahmad, Bemina College
2nd Position: Azhar Lodhi, Bemina College
3rd Position: Waseem Akram, Pulwama College

(Girls):
Slalom Race:
1st Position: Assiya Bhat, Post-Graduate Deptt of Persian
2nd Position:
(a) Sayima Rashid, Women College, M.A. Road
(b) Naziya Majid, Women College, Nawakdal
3rd Position: Nusrat Rashid, Post-Graduate Deptt. Of Physical Education
Achievements:

1. Our boys took part in 1st Zam Zam Ski Cup, organized by the District Winter Games Association Sgr at Gulmarg on 28th Jan, 2009. One of our students, Arif Rashid of Bemina College bagged third position. It was first medal won by our boys this year.

2. Four highly trained students, Arif Rashid, Tahir Shafi, Imran Ashraf, and Zaid-Bin-Hamid took part in Aegis Gulmarg Global Derby-2009 (Alpine Event), organized by the Directorate of Tourism at Kongdori (Gulmarg) on 3rd March, 2009. The team, trained by University Ski Coach, Mr. Mohammad Yusuf, performed well in this Global Championship.

3. The Directorate of Physical Education, Kashmir University provided technical support to tourism Department for organizing the much Publicized Aegis Gulmarg Global Derby-2009, held at Gulmarg from 1st to 4th March, 2009. The Organizers expressed their vote of thanks in favour of our University in the presence of Pro-Chancellor/Chief Minister, Mr. Omar Abdullah. The University Ski Coach, Mohammad Yusuf was awarded “Award of Honour” Trophy for his outstanding achievements and contribution in the development of adventure sports among college and University youths.

4. University Ski Coach, Mohammad Yusuf was nominated as member on the Technical Committees of Aegis Gulmarg Global Derby-2009 and 1st National Snow Rugby Championship held at Gulmarg this winter.

PERIOD: 1ST APRIL 2009 TO 31ST 30TH JUNE, 2010

Conduct of 2nd V.C's 7 a-side Football Tournament:

This tournament started on 1st April, 2009. Twenty six teams representing different clubs and institutions of the valley including Kashmir University, Hangul Club, Biscoe School, Burnhall School, Sports Fraternity Dalgate, Shaheen Sports, Sir Syed Football Club, Zahid Sports, and Iqbal Sports etc. took part in this mega sporting event. The tournament was played on knock-out basis. After qualifying the preliminary rounds Shaheen Sports defeated Biscoe School and Sports Fraternity Dalgate defeated Zahid Sports in the semi finals. In the final match Shaheen Sports defeated Sports Fraternity Dalgate. The Hon’ble Vice-Chancellor was Chief Guest on the concluding function. Mr. Mohammad Yusuf Dar and Mr. Nazir Ahmad Khan were awarded lifetime mementos for their contribution in the development of Football in the state.

Participation in environmental awareness program on Dal Lake:

A drive to stop throwing plastics and garbage in Nigeen Lake was jointly undertaken by the Nigeen Lake Conservation Organization (NLCO), Lakes and Water Ways Development Authority, Srinagar Municipal Corporation and Tourism Department on 4th April. In order to contribute a bit towards this noble cause the Directorate of Physical Education and sports took an active part in this first-ever biggest awareness campaign under the supervision of Dr. Nisar Ahmad Rather, Director. The M.P.Ed students participated in the congregation, while as twelve student Kayakers of University Lake Club, led by University Swimming Coach, Mohammad Yusuf, collected garbage from the lake in their kayaks and canoes. They also carried placards highlighting the messages, like “Stop water pollution’, Save nature-save future”, “Save water bodies-Save future” and “Water is elixir of Life” etc. Principal Secretary to Chief
Minister, Mr. Khurshid Ganai was Chief Guest on the occasion. Among others the registrar of the University also spoke on the occasion.

**Participation in anti pollution Rally on Jhelum:**
Twelve University Kayakers, led by University Swimming Coach, Mohammad Yusuf took part in yet another anti water pollution campaign jointly launched by the Tourism Department, Kashmir Rafting Operators Association and Srinagar Municipal Corporation on river Jhelum on 14th May, 2009 from Zero bridge to Safakadal. The social work of our students was highly lauded by the organizers. Shri S.S. Kapoor, Chief Secretary was the Chief Guest on the occasion.

**Inter-Department Tournaments:**
In order to boost morale of our Post-Graduate students and to select the Post-Graduate Teams for forthcoming Inter-Collegiate Tournaments the Directorate conducted following Inter-Department Tournaments in this quarter of the year:
1/ Road Race for Men
2/ Kho Kho for Men
3/ Volleyball for Men
4/ Badminton for men and women

**Inter-Collegiate Tournaments:**
The following tournaments at Inter-College level were conducted during the period April-June this year but many had to be post-pond due to strikes.

1) **Road Race for Men:**
The Inter-College Road Race for Men was conducted from Oberio Gate to University Campus via Nishat and Foreshore Road on 23rd June, 2009 in which 51 students of 17 Colleges and P.G teams took part. The Race was flagged off by Dr. Nisar Ahmad Rather, Director Physical Education

Results are as under:
<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Mohammad Younis Malik</td>
<td>Amar Singh College, Srinagar</td>
</tr>
<tr>
<td>2nd</td>
<td>Umar Nabi</td>
<td>Islamia College of Science and Commerce, Srinagar</td>
</tr>
<tr>
<td>3rd</td>
<td>Barkat Ali</td>
<td>Islamia College of Science and Commerce, Srinagar</td>
</tr>
</tbody>
</table>

2) **Road Race for Women:**
The Inter-College Road Race for Women was conducted from Nishat to University Campus on 24th June, 2009 in which 34 female students of 14 Colleges and P.G teams took part.

Results are as under:
<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Miss Humaira</td>
<td>Govt. Women College, Nawakadal</td>
</tr>
<tr>
<td>2nd</td>
<td>Miss Nazneena</td>
<td>Govt. College of Physical Education</td>
</tr>
<tr>
<td>3rd</td>
<td>Miss Yasmeena Ali</td>
<td>Govt. Women College, M.A. Road</td>
</tr>
</tbody>
</table>
3) Cycle Race for Men:
The Inter-College Cycle Race for men was conducted from G.P.O to University Campus on 25th June, 2009 in which 36 students of 12 Colleges and P.G teams took part.

Results are as under:

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Anzil Mukhtar Qadimi</td>
<td>A.S. College</td>
</tr>
<tr>
<td>2nd</td>
<td>Shabir Akhon</td>
<td>Islamia College of Science and Commerce</td>
</tr>
<tr>
<td>3rd</td>
<td>Ghulam Rasool Kawa</td>
<td>Govt. Physical Education College, Ganderbal</td>
</tr>
</tbody>
</table>

4) Cycle Race for Women:
The Inter-College Cycle Race for Women was conducted from Nishat Garden to University Campus on 26th June, 2009 in which 21 students of 6 Colleges and P.G teams took part. Results are as under:

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Miss Mehreen</td>
<td>Govt. Women College, M.A. Road</td>
</tr>
<tr>
<td>2nd</td>
<td>Miss Bismah Khurshid</td>
<td>Islamia College, Hawal</td>
</tr>
<tr>
<td>3rd</td>
<td>Miss Ulfat Jan</td>
<td>Govt. Women College M.A. Road</td>
</tr>
</tbody>
</table>

Staff Diary:

(1) Publications:
Mohammad Yusuf, Swimming Coach, Directorate of Physical Education and Sports published his article entitled “Save Water Bodies” in local news papers daily Greater Kashmir on 13th May, 2009. The article was also published by daily Rising Kashmir on 14th May. Since the article was of public importance, a social worker namely Dr. Vijay Sazawal posted it to his website/Blog at site http://kashmirforumorg.blogspot.com/ This was followed by his yet another article titled “Adventure Sports in Kashmir” Published in daily Rising Kashmir on 13.8.2009.

(2) Appointments:
Miss Sakina is appointed as Cricket Coach in the Directorate of Physical Education. Sakina is a Graduate with National Institute of Sports diploma in Coaching. She has represented the State at many national level tournaments. She was earlier working on contractual basis in the University

(3) Football Coach attended AFC 'B’ License course:
The University Football Coach, Mr. Sajid Dar attended 'B' license course at Chennai in April, organized by the Asian Football Confederation in collaboration with All India Football Federation. He is one among the only two Football Coaches of the state who has done this Course.

(4) 17th Annual Convocation:
Mohammad Yusuf, Swimming Coach and Sajid Dar, Football Coach were nominated as members on the Transport Committee of the 17th Annual Convocation conducted by the University recently.
Besides, Sheikh Adil, Fitness Coach was co-opted as member on the Proctor Committee. All these coaches performed their duty to the satisfaction of the authorities.

PERIOD: 1ST JULY 2009 TO 30TH SEPTEMBER, 2009

(A) The Inter-department tournaments/Championships were conducted in the following games/sports at University campus;
   1) Swimming at Nigeen lake
   2) Hockey at University Campus
   3) Cricket (men and Women)

(B) Different Inter-College Tournaments/Championships were conducted in the following games/sports at the places noted against each during third quarter of the year;
   1) Swimming, Kayaking and Canoeing held at Nigeen Lake in September. Gandhi College lifted the title in both events
   2) Football held at University Campus in September. Govt. Physical Education College lifted the championship
   3) Cricket (Women) is in progress at Women College, M.A. Road. KU team has already qualified for finals. Cricket (Men) is in progress at University Campus
   4) Judo (Men and Women) held at Gandhi Memorial College in August and Gandhi College won the team championship trophy.
   5) Badminton (Men and Women) held at Women College, Nawakadal
   6) Table Tennis (Men) held at Gandhi Memorial College
   7) Table Tennis (Women) held at Women College, Nawakdal
   8) Baseball (Men and Women) held at University campus
   9) Hockey (Men) held at University Campus Baramulla College lifted team championship in men's event while the Women tournament is in progress at University Campus
   10) Volleyball (Women) at Women College, M.A. Road and Volleyball (Men) at campus
   11) Cricket (Men) is in progress at University Campus
   12) Conducted Coaching camps for Kayaking/Canoeing and Football teams

(C) Kashmir University Cricket team (Women) defeated Women College, M.A. Road by 45 runs in the first-ever Women Cricket Tournament organized by the J&K Cricket Association in July 2009. Besides medals/trophies and certificates Kashmir University team was awarded a cash prize of Rs.15,000/- by the organizers

(D) The J&K Youth Services and Sports Dept organized some National School Games (Cricket) matches in the University Cricket Field. Similarly the J&K Cricket Association also organized some matches of National U-16 Cricket here.

Staff Diary:

1. Publications:
   1. Mr. Mohammad Yusuf, Swimming Coach, Directorate of Physical Education and Sports Published yet another article on environment entitled “Thajiwas-The glacier of tragedy” in a local Daily Rising Kashmir (September 19) It was his 6th article published in local dailies this year. The Article is also available on website/blog www://kashmirforum.org.blogspot.com.
2. His Feedback on “Exploring Gurez” was also published in Daily Greater Kashmir on September 4, 2009.
3. He edited the Souvenir “Sonamarg” which was brought out by the Tourism Department during 2nd Kashmir Cup International Rafting Championship held at Sonamarg from 3rd to 9th August, 2009. He also contributed an article in this Souvenir titled “Rafters have role in Crisis management”

(2) Deputations:
The University Swimming Coach, Mohammad Yusuf was deputed to Tourism Department in August to help them to conduct 2nd Kashmir Cup International Rafting Championship. He acted as Jury on the Technical Committee.

(3) Establishment of Gym:
In order to procure instruments for the newly developed indoor Gym the Chairman Campus Sports, Director Physical Education and Coach concerned went to Delhi in August 2009. An expenditure of about Rs. 10 lacs is being met to install a modern Gym on the Campus shortly.

(4) Directorate of Physical gets expansion:
The University has expanded the Directorate of Physical Education and Sports by creating two Deputy Directors, three Asstt. Directors and five Coaches in Kayaking/Canoeing, Gymnasium, athletics, Lawn Tennis, and Volleyball posts. Three more Assistant Coaches posts are being created shortly. The vacancies will be filled up soon.

Thanksgiving

I feel highly honored to present this souvenir, highlighting the achievements of the Directorate of Physical Education and Sports, on the occasion of All India Inter-University Kayaking and Canoeing Championship-2009 and North Zone Football (Men) Tournament-2009 being organized by the Directorate under the auspices of Association of Indian Universities, New Delhi. This is now 4th Souvenir our Directorate is bringing out on the occasions of Inter-University sporting events, first published in the year 2000 (Kayaking and Canoeing), second in 2004 (Football), third in 2007 (Baseball) and now in 2009 (Kayaking & canoeing). I convey my thanks to all those who helped me in typesetting, composing, designing and contributing valued material in the souvenir. Thanks.

Mohammad Yusuf
(Swimming Coach/Editor)
Feedback: myusuf05@hotmail.com
Glimpses of Different Sporting Events

Cricket team being introduced to Vice-Chancellor

Baseball Women Team being introduced to V.C

Volleyball full of action at University campus

Girls ski course in progress at Gulmarg

Road Race for Women on Boulevard

Hockey still alive in Kashmir University
Kayaks and canoes have been used for travel and transportation for hundreds of years by people of many cultures. Canadian Canoeing was started by Red Indians in North America and Kayaking by Eskimos. Other forms emerged as dug-out, outriggers in other parts of the world. The out-rigged dug-out canoes are still used in Kerala and famous Shikara in Kashmir. Originally canoes and kayaks were built of such materials as wood (covered with bark) and whalebone (covered with animal skins) but now they are usually constructed of molded plastic and fiberglass and aluminum alloys etc. As a competitive sport canoeing was invented by John MacGregor of Scotland in 1866. Canoeing debuted at the 1924 Olympic Games in Paris as a demonstration sport. It was included as a medal sport at the 1936 Olympic in Berlin. The International Canoe Federation founded in 1924 is the worldwide canoeing organization and creates the standard rules for the different disciplines of canoe/kayak competitions. In India the sport is controlled by Kayaking and Canoeing Federation of India. The J&K Kayaking and Canoeing Association is the umbrella organization of all state canoe clubs statewide. The JKKCA is ably led by Dr. Sheikh Mustafa Kamaal for last several decades.

Types/events of Kayaks/Canoes:

Kayaking and Canoeing are two different recognized Olympic paddle sports. These are emerging as one of the most popular water sports in the world. Flat water Kayaking is the use of a Kayak for moving across in still water. Kayaking is generally differentiated from Canoeing by the fact that a kayak has closed cockpit and a canoe has an open cockpit. In kayaking we use two bladed paddles while as in canoeing we use one bladed paddle. Another major difference is in the way peddler sits in the boat. Kayakers sit in a seat on the bottom of the boat with their legs extended out in front of them. Canoeists will kneel directly on the bottom of the boat.

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Category</th>
<th>Length of Boat</th>
<th>Weight of Boat</th>
<th>Events/Distances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kayaking</td>
<td>K1 Single seat Kayak</td>
<td>520 cm</td>
<td>12 KG</td>
<td>Men: 200m, 500m, 1000m</td>
</tr>
<tr>
<td></td>
<td>K2 Double seat Kayak</td>
<td>650 cm</td>
<td>18 KG</td>
<td>Women: 200 m, 500 m, 1000m</td>
</tr>
<tr>
<td></td>
<td>K4 Four seated Kayak</td>
<td>1100 cm</td>
<td>30 KG</td>
<td>Men: 200 m, 500 m, 1000m</td>
</tr>
<tr>
<td>Canoeing</td>
<td>C1 Single kneeling canoe</td>
<td>520 cm</td>
<td>16 KG</td>
<td>Women: 200 m, 500 m, 1000m</td>
</tr>
<tr>
<td></td>
<td>C2 Double kneeling canoe</td>
<td>650 cm</td>
<td>20 KG</td>
<td>Men: 200 m, 500 m, 1000m</td>
</tr>
<tr>
<td></td>
<td>C4 Four persons kneeling canoe</td>
<td>900 cm</td>
<td>30 KG</td>
<td>Men: 200 m, 500 m, 1000m</td>
</tr>
</tbody>
</table>
Growth of Kayaking and Canoeing in India:

Kayaking and canoeing which started in India in 1985 is a very young sport in India. The Special Area Games (SAG) spearheaded the sport through Sports Authority of India centers at Allepy and Andaman and Nicobar for handpicked talented young boys and girls. The Jammu and Kashmir Tourism Department imported the then state-of-art Olympic class flat and white water Kayaks and Canoes in 1987. The quality of boats remained unchanged even till Barcelona Olympics. Mr. Asaf Mehmood, the then Asstt. Director Tourism is considered the father of this sport in J&K, who struggled hard for promoting this sport in Kashmir. Under his supervision the first two national championships were held in Srinagar.

Jammu And Kashmir State has in fact done pioneering work in introducing and developing this Olympic sport in India and is known as the father of modern Kayaking and Canoeing in India. First two National Championships were consecutively organized in Dal Lake, Srinagar in 1988 and 1989. Teams from Andaman and Nicobar, Kerala, Maharashtra, Andhra Pradesh, Delhi, Himachal Pradesh and Jammu and Kashmir took part in inaugural championships. Technique of boat handling, paddling and racing to the participants was imparted in Dal Lake itself, as only Sports Authority of India teams were fully trained under SAG scheme. Kashmir has produced many ace kayakers and canoeists. Zahoor Ahamd, Farooq Ahmad and Miss Bilkis etc have brought laurels for J&K after winning number of medals in the National level competitions. Zahoor has also represented India in an International level Championship. Miss Bilkis has become first Kashmiri lady Coach to lead Indian team in an International Championship. She has also done a diploma-in-coaching in Hungry.

It is heartening that the J&K Police has recently procured 24 modern kayaks/Canoes which has added to the fleet of boats available in Kashmir.

Escalation of Kayaking and Canoeing in Indian Universities:

On the persuasion of Kashmir University the kayaking and canoeing were recognized by the All India Inter-University Board of Sports as a competitive sporting discipline in summer 1998 in a meeting held at Annamalai University. Dr. Khurshid Ahmad Tarzan, Ex-Director Physical Education attended this historic meeting as a special invitee to brief the members about these sports and to get the proposal through by the Board.

It was a cherished desire of the Directorate of Physical Education, Kashmir University to organize the first-ever All India Inter-University Kayaking and Canoeing Championship in Srinagar but to their dismay the then Vice-Chancellor did not allow them to host it. The First All India Championship (Men and Women) was then organized by Kerala University at Sports Authority of India Water Sports Centre, Allepay in winter 1998. Just four Universities i.e. Kerala, Kumaun, Mahatma Gandhi and Osmania took part. There were only two teams in Women Section. Surprisingly the then Vice-Chancellor, Kashmir University did not even allow them to field its team in this historic Championship. Kerala University organized this inaugural championship at very low profile and competitions were held just in 8 events of 200 meters each. Kerala University lifted the championship trophy after winning all the eight gold medals followed by Osmania and Kumaun Universities.
In the year 1999 the All India Inter-University championship could not be conducted as none of the Indian Universities came forward to host the Championship. The second Inter-University championship was hosted by the pioneer Kashmir University on the waters of famous Dal Lake in October 2000, which coincided with the celebration of “Millennium Year”. The equipment was loaned from J&K Youth Services and Sports, which was transferred to them, from Tourism Department. The championship attracted five Universities i.e. Kerala, Kashmir, Kumaun, Barkatullah (Bhopal) and Osmania. After winning maximum medals the host Kashmir University lifted the Championship trophy. Competitions were held in all the 21 Olympic events. From 2001 to 2005 none of the Indian Universities could host this championship perhaps due to lack of infrastructure. After a gap of five years the Punjabi University, Patiala hosted 3rd Inter-University Championship at Sukhna Lake in Chandigarh, which attracted 21 Universities from all over the country. Two students of Kashmir University, Walayant Hussain Tinda and Vilayat Hussain Sofi won three bronze medals in C1 and C2 events. Both these boys were later awarded a cash prize of Rs. 5,000/- per person by Kashmir University. They also got national scholarships @ Rs.10, 200/- for their best performance.

4th All India Inter-University Championship in Srinagar:
After a gap of 7 long years the Kashmir University organized the 4th All India Inter-University championship at Nigeen Lake in Srinagar last year. The University had received entries from 26 teams but unfortunately only 8 Men and 6 Women teams took part. This was possible only when the University had procured its own equipment worth Rs 9 lacs. This time competitions were held in 24 Olympic events as C4 was first time introduced in the Inter-University competitions. The championship coincided with the celebration of “National Water Year-2007”. The Championship carried the message “Water is elixir of life-Save it, save it for future generations”. Kashmir University Canoeing team bagged 1 gold 2 silver and 3 bronze medals. Punjabi University Patiala lifted the overall champion trophy. Kashmir University won Runners-Up trophy in Canoeing event.

Revival of Kashmir University Lake Club:
After purchasing modern and most sophisticated 24 kayaks / Canoes, 60 training class paddles, 14 imported paddles and some life jackets the Directorate of Physical Education, Kashmir University revived its Lake Club. The Club recently organized 2rd Annual Inter-College Kayaking and Canoeing Championship at Nigeen Water Sports Centre of Tourism Department in which 6 colleges and P.G Dep't of Commerce took part, which included Islamia, Amar Singh, Gandhi, Sopore and Bemina Colleges. Gandhi College lifted the Championship trophy. The students who performed extremely well in the said championship have been selected to represent Kashmir University in the forthcoming 5th All India Inter-University Championship. The selected team has undergone intensive and rigorous coaching prior to its participation in the Inter-University championship.
Soccer or Jogging

Sajid Yousuf Dar
Football Coach

Soccer practice for just an hour can reap greater health benefits than jogging for same duration. Two to three weekly rounds of soccer practice of duration of approximately one hour released massive health and training benefits. The percentage of fat went down, the total mass of muscle went up, the blood pressure fell and the fitness ratings improved significantly. It's healthy to run long distances in a moderate speed. But the results show that soccer practice is better in number of ways. The improvement in fitness rating and the increase in total muscle mass are greater in soccer players. Research shows that after twelve weeks the soccer player loss three to five kilos of fat and gained more than two kilos of extra muscle mass, whereas the jogger lost only two kilos of fat and showed no change in total muscle mass. The sports scientist believes that it is the shift between, walking, running and sprinting that cause the soccer player to experience better health improvements. Soccer is an all-round form of practice because it both keeps the pulse up and has many high intensity actions. When you sprint jump and tackle your opponent you use all fibres in your muscles, when you jog at moderate pace you only use slow fibres. Surprisingly soccer players did not find the practice particularly hard, though joggers always said they found the regimen tough. I think it is owed to the fact that when you jog you focus on yourself. You notice the efforts of breathlessness. And then you start to feel a little sorry for yourself. But when you play soccer you push those thoughts aside. The players are caught up in the game and they don't notice that their hearts are pounding. It is the fun and the team needs all players to contribute and so they forget it is hard. In the fight against obesity and inactivity soccer seems to be an obvious alternative to jogging and fitness. A friendly game of soccer works off more fat and builds up more muscle mass than jogging. Danish scientist who conducted the research on 37 men also found the soccer players felt less tied after exercising than the joggers because they were having more fun.

It really doesn't take a lot. A lawn, two goal posts and a ball is all you need to begin a health promoting training program for 22 people. There are enormous benefits to telling people to play football at least two to three days a week. But if they are not going to do it then the message is of no use.
Save Water Bodies, Save Future

Aeration necessary for Water

Water Ski Thrill

River Jhelum at Dawn

Save Water Bodies, Save Future
Football-Seven a-side format

Football was previously played by 11 players a-side but with the change of time and more research in sports methodology a new format of 7 a-side is introduced in the world. The need for introducing this type of game was in fact felt by the Coaches to improve technical ability and playing strategies of their players. In 7 a-side the play field is shorter than the traditional which has made the game faster. Every player remains in constant action under watchful eyes of their coaches and trainers. This sport is gaining popularity all over the world. But in our case the idea of holding this event was not merely to improve the skills of our players but to keep them active during long winter months as well and create a sports atmosphere in the University. This also gave opportunity to small clubs and institutions to chase the talent.

Besides holding Inter-College Football tournament on traditional 11 a-side format, the Directorate of Physical Education, University of Kashmir started conducting the Open 7 a-side Tournament from winter 2008. This tournament attracted as many as 28 teams of different Football Clubs. The 2nd Open 7 a-side Football Tournament was conducted in winter 2009 under the name and style of V.C’s 7 a-side Tournament in which twenty six local Football Clubs and institutions including Kashmir University, Hangul Club, Biscoe school, Burnhall School, Sports Fraternity Dalgate, Shaheen Sports, Sir Syed Football Club, Zahid Sports, Iqbal Sports etc. took part. This type of format is rapidly gaining popularity all over Jammu and Kashmir. The tournaments were conducted smoothly with the kind cooperation of all participating clubs and J&K Football Referees Association. Without their support it may not have been possible to conduct the championship so smoothly and successfully.
Glimpses of Football, the most popular sport in Kashmir
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