

# KU holds national-level webinar on Sports Coaching

Srinagar, Dec 22: The Directorate of Physical Education and Sports (DPES) University of Kashmir Thursday organised a one-day national-level webinar on sports coaching.

The webinar was inaugurated by Prof Irshad Ahmad Nawchoo, Controller of Examinations KU, in presence of Dr Nisar Ahmad Khan, Coordinator DPES and convenor of the webinar.

At the outset, Dr Khan welcomed the chief guest and all other participants and apprised them about the aims and objectives of the webinar, organised as part of Azadi ka Amrut Mahotsav celebrations.

Speaking on the occasion, Prof Irshad congratulated the DPES for organising the webinar on a wonderful theme which has a potential to enable high performance in sports activities.

He interacted with the participants and took their valuable feedback on the importance of sports activities.

The webinar was conducted in two sessions. In the first session, Shailesh Karkera from Manglore, Karnataka (AIFF Match Commissioner) was the resource person who spoke about different aspects of coaching at various age groups in football. In the second session Shiekh Adil, Gymnasium Coach, DPES spoke about the importance of fitness in Covid19 times.

At the end of each session, a brief question answer session was also held.

Nadeem Ahmad Dar Assistant Director and organising secretary of the webinar conducted the proceedings of the webinar and thanked the chief guest, resource persons and participants for making the webinar a success.

The webinar was attended by various faculty members, coaches, research scholars and students from J&K and from other parts of the country.

