

# **‘Yoga and Sports for Global Wellbeing’: Yoga, sports transformative, transcend cultural boundaries: Expert**

*Essential tools for holistic development: KU VC*



**Srinagar, June 24:** The Directorate of Physical Education and Sports, University of Kashmir (KU), in collaboration with Shree Hanuman Vyayam Prasarak Mandal (HVPM), Amravati, Monday inaugurated the ‘3rd International Conference on Yoga and Sports for Global Wellbeing’ here.

Scholars, yoga practitioners and sports enthusiasts from across the globe converged to promote holistic well-being.

In her message, KU Vice Chancellor, Prof Nilofer Khan said that Yoga and sports are not merely activities but “essential tools for holistic development”.

“At University of Kashmir, we are committed to advancing these fields to nurture a healthier, more balanced global community,” she reiterated.

In his keynote, Vice President, Prof Ganesh Shankar, provided insights into the transformative power of yoga and sports.

“Yoga and sports transcend cultural boundaries, encouraging physical, mental, and spiritual well-being worldwide,” he maintained.

Dean, College Development Council and the officiating Dean, Academic Affairs, KU, Prof Khurshid Ahmad Butt, underlined the importance of interdisciplinary collaboration and said: “The integration of diverse disciplines is crucial in enhancing our understanding and practice of yoga and sports, ultimately contributing to promotion of global health.”

KU Registrar, Prof Naseer Iqbal, highlighted the vital role of yoga and sports in enhancing physical, mental and spiritual health.

“The university is dedicated to encourage these disciplines to elevate global well-being,” he reaffirmed.

Conference Chairman and Director, DPES, Dr Mandeep Singh, in his remarks said: “The Directorate of Physical Education and Sports has been pivotal in promoting health and well-being within the university community through various workshops, seminars and sports competitions.”

The conference that concludes Tuesday (today) features engaging sessions and discussions on various aspects of yoga and sports.

Speakers from numerous countries are sharing their research findings and practical experiences, encouraging a rich exchange of knowledge.

Gymnasium Coach, DPES, Sheikh Adil, Asstt Prof, DPES, Dr Iftikhar Ahmad Wani, conducted the proceedings of the inaugural session while as, Lady Sports Assistant, DPES, delivered the formal vote of thanks.

Dr Surjeet Singh, Dr Naseer Ahmad Bhat and Dr Iqbal Kabir, coordinated the conference.