

# Outdoors inspire to take up adventure sports, appreciate nature: Expert

*KU's 10-day certified skiing course concludes*



**Srinagar, March 18:** To promote winter sports in the region and encourage students to engage in healthy outdoor activities, the Directorate of Physical Education and Sports (DPES), Kashmir University (KU), successfully concluded a 10-day snow skiing course at Gulmarg.

The ten-day certified course for men and women concluded with a valedictory function Sunday. KU vice chancellor, Prof Nilofar Khan had flagged off the course on March 8.

Students from various affiliated colleges across the valley participated in the course.

"Such courses will continue to inspire more students to take up skiing and appreciate the natural beauty of Gulmarg," an official spokesperson said in a statement.

The participants received a comprehensive training from well-qualified instructors during the 10 days.

While congratulating the students on their successful and safe completion of the course, Director, DPES, Dr Mandeep Singh, emphasised the significance of such programmes in promoting physical education and sports.

"The course not only equipped students with skiing skills but also encouraged a spirit of adventure and camaraderie among them," he said.

The participants received hands-on experience, learning various skiing techniques, essential for tackling the slopes with confidence, read the statement

The training also included vital safety protocols to ensure that everyone remained safe while enjoying the thrill of skiing.

The event concluded with the distribution of certificates and medals among the participants, the statement added.