

South Campus KU organises fitness camp for employees, students



Anantnag, May 11: A fitness camp for employees and students was conducted at South Campus, University of Kashmir on Friday.

70 participants including faculty members, non-teaching staff and students attended the camp.

A Cooper run test was also organised by the Department of Physical Education and Sports to determine the physical fitness of employees and students, who were categorised in three age groups: under 30, under 40 and above 40.

Director, South Campus, Prof Mukhtar Ahmad Khanday, who flagged off the event, congratulated the participants and urged them to maintain physical fitness to beat stress. He also encouraged them to take time for sports activities.

He complimented Assistant Director Sports for conducting sports activities in the campus.

Assistant Director, Physical Education, Tausif Ahmad Bhat briefed the participants about the fitness test and urged students and employees to actively participate in the forthcoming tournaments.

In the age group first, Jamshed Ahmed bagged first position, while Sajad Ahmad Sheikh and Dr Abdul Waheed Shah secured the second and third positions, respectively.

In the age group second, Showkat Ahmad clinched first position, while Amir and Manzoor won the second and third positions respectively.

In the age group third, Junaid Ahmad of Mathematics Department bagged the first position, while Mujeeb-ul-Hassan (Nursing) and Akib Khan (Mathematics) respectively clinched the second and third positions.

Later, Prof Khanday distributed medals among the position winners.