

# KU organises health, wellness, environment activities under Sewa Parv 2025



**Srinagar Sept 28:** As part of the Sewa Parv 2025 celebrations, the University of Kashmir (KU) organised a series of health and wellness activities, including a free health camp for female students and staff, a three-day yoga event and a plantation drive on the campus. In addition, KU's Kupwara Campus successfully conducted a large-scale cleanliness and environmental awareness programme. The events were coordinated by varisty's Department of Students' Welfare (DSW). The health camp, organised by the University Health Centre in collaboration with DSW under the aegis of the Block Medical Officer, Hazratbal, focused on women's health screening with special emphasis on conditions such as anaemia and PCOD. A team of medical experts evaluated the participants, conducted diagnostic tests, and provided counselling on preventive healthcare and lifestyle management.

Dean, DSW KU, Prof. Pervez Ahmed, said that the initiative was part of the University's efforts to promote the wellbeing of its students and staff. Coordinator, Health Centre KU, Dr. Khalid Nazir, said that the camp provided essential medical support and counselling to the participants.

The camp was managed by Medical Officers KU, Dr. Surayyah Jan and Dr. Azhar Wani. A large number of female students and staff members availed the services and appreciated the University's effort to bring healthcare facilities closer to its community.

### **Three-day yoga event**

Meanwhile, the Department of Physical Education & Sports (DPES), KU, organised a three-day yoga event aimed at promoting physical fitness, mental wellbeing, and holistic health among students. The event includes daily practice sessions and awareness activities highlighting the benefits of yoga as a lifestyle discipline.

### **Plantation drive**

A plantation drive was also held on the campus by University Landscape Division in which students and staff actively participated. Vice-Chancellor KU, Prof. Nilofer Khan; Registrar KU, Prof. Naseer Iqbal; Dean DSW KU, Prof. Pervez Ahmed and other officials were present on the occasion. The drive was aimed at promoting environmental consciousness and adding to the campus greenery, further strengthening KU's commitment to sustainability and eco-friendly initiatives.

### **Cleanliness and environmental awareness programme at Kupwara campus**

At KU's Kupwara Campus, a large-scale cleanliness and environmental awareness drive was also organised as part of Sewa Parv 2025. Students, faculty, and non-teaching staff took part in a campus-wide cleanliness campaign, a poster presentation session, and a speech competition on environmental themes. The programme concluded with prize distribution by Director Kupwara Campus KU, Prof. Mubashir Hussain Masoodi.

These activities formed part of KU's broader initiative to integrate health, wellness, and awareness into campus life under the nationwide Sewa Parv 2025 programme.