

PRESS RELEASE

Date:08/08/2023

17-DAYS KUNGFU CAMP CONCLUDES AT THE UNIVERSITY OF LADAKH IN COLLABORATION WITH ART OF LIVING, LAHDC, AND INDIAN ARMY.

The University of Ladakh, in collaboration with Art of Living, LAHDC, Leh and the Army, successfully concluded a 17-days summer Kung Fu camp at Leh Campus, University of Ladakh. The camp aimed to promote physical fitness, mental well-being, and cultural exchange among the participants.

The Kung Fu camp, started on 21/07/2023, provided an opportunity for participants to learn and practice various styles of Kung Fu under the guidance of skilled instructors who were trained in Bangalore. 160 school students were participated in the camp from all regions including Kargil, Nubra, Changthang, Sham and Aryan valley. Throughout the camp, participants engaged in intensive training sessions, focusing on Kung Fu techniques, forms, and discipline. The camp also included sessions on self-defence, meditation, and stress management, conducted by experienced trainers.

The concluding day and valedictory function of Mega martial arts summer camp was held on the occasion of World Kung Fu Day. Hon'ble Lt. Governor UT, Ladakh Brig. (Dr.) B.D Mishra (retired) and First Lady of Ladakh Mrs. Nilam Mishra Were chief guests during the occasion. Shri Stanzin Chospheh Hon'ble EC, LAHDC Leh was present as a Guest of honour. Lt. Gen. Mr. Ashvini Kumar (retired) and Col. Rajput Duby 24 Rajput Regiment were also present as an invited guests during the programme.

The programme was started by welcoming the guests by HVC Prof. S.K. Mehta, University of Ladakh. After that Students displayed an impressive Kung fu skills and showcased the progress made by the participants in mastering Kung Fu techniques, demonstrating their dedication and discipline. During the programme Invited Guest Lt. Ashvini Kumar on his speech congratulate and appreciate the organisers to conduct the summer martial arts camp. And also addressed the importance of kung Fu which brings not only physical fitness but also mental fitness and teaches value, respect and makes a valuable person in the society. Shri Stanzin Chospheh on his addressed thank the Army to Cooperate throughout the camp by supporting each and every thing and he specially thank the event Coordinator Shri Sachitan Jalan for managing this camp smoothly.

Hon'ble Lt. Governor UT, Ladakh Brig. B.D Mishra distributed the prizes and medals to the position holders and instructors. Hon'ble Lt. Governor UT, Ladakh Brig. B.D Mishra on his speech at the end congratulated and honour the participants for their hard work and commitment. They emphasized the importance of such initiatives in fostering a sense of physical fitness, mental well-being, and cultural exchange in the region. He made pledge to the participants to avoid from drugs.

The event was concluded by giving vote of thanks by Dr. Jigmat Dachen DSW, University of Ladakh to the organisers, The LAHDC Leh, Art of Living and Rajput Regiment Army extended their support to the camp by providing logistical and administrative assistance and provided necessary resources and facility and he also thank each and everyone who were involved to make this event a successful.





