



SRI KRISHNADEVARAYA UNIVERSITY

ANANTHAPURAMU – 515 003, ANDHRA PRADESH, INDIA

MESSAGE

It gives me an immense pleasure to welcome all the delegates and participants on behalf of Sri Krishnadevaraya University, Anantapuramu to the UGC Sponsored National Seminar on “Fitness and wellness through Sports” which is being organised by the Department of Physical Education and Sports to be held on 7th & 8th November 2015.



Prof. K. RAJAGOPAL
M.Tech., Ph.D.
VICE-CHANCELLOR

The seminar propagates for sharing with the participants the most update research findings in the domain. The hosting of seminar provides deserving opportunities to interact with learned personalities from different parts of the country, where students, scholars and professionals share their knowledge and valuable experiences. And also it could lead to boost up the performance levels of sports persons.

The effort made by the Department of Physical Education and Sports for organizing this venerable seminar is praise worthy and I am sure that this seminar will be the better platform for the upcoming generations.

I wish the seminar a grand success.

K.RAJA GOPAL

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MESSAGE

I am very much happy that the UGC Sponsored Two Days National Seminar on “Fitness and wellness through Sports” which is being organised by the Department of Physical Education and Sports, Sri Krishnadevaraya University, Ananthapuramu to be held on 7th & 8th November 2015.

The fundamental principles of sports are to contribute to build for fit and peaceful world by educating youth through sports practiced without discrimination of any kind of sport spirit, which requires mutual understanding between a spirit of friendship solidarity and fair play.

Quality functions of the vital organs and systems of the body can be ensured only through Physical activity. One of the physical activities is participation in sports which helps one to acquire leadership qualities, building of character, joy found in effort, the educational values of good example and respect for universal fundamental ethical principles which do not include acts of violence, cheating, drug abuse or any form of exploitation in an effort to win. These qualities make one might better and makes better environment which results in creating the best fit world.

I wish good luck and grand success of the Two Days National Seminar.

PROF.K.DASARATHARAMAIAH

MONCHO FERRER

Programme Director
Rural Development Trust
Ananthapuramu



MESSAGE

I am very delighted to know that the Department of Physical Education and Sports, Sri Krishnadevaraya University, Ananthapuramu is organising UGC Sponsored National Seminar on **“Fitness and wellness through Sports”** to be held on 7th & 8th November 2015.

Physical health and fitness enable people to carry out their daily tasks with vigour and sufficient energy to pursue and enjoy leisure activities. A high level of fitness and well being usually indicates optimum physical and mental well being students with abundant vitality are often physical and mentally alert emotionally balanced and socially well adjusted.

Hence, fitness and wellness helps to promote an academic attainment involving in sports are to enable people to maintain good level of fitness throughout their lives

I hope that the delegates will enjoy the benefits of enriching their knowledge by interacting among themselves and with the senior faculty and officials.

I wish the seminar for a grand success.

Sd/-Moncho Ferrer



SRI KRISHNADEVARAYA UNIVERSITY

ANANTAPURAMU-515 003



Dr.B.Jessie

Convener
Secretary Sports Board
Department of Physical Education & Sports
Sri Krishnadevaraya University, Anantapur



Brief Report

I deemed it's my proud preveliage to pre-report on two day UGC Sponsored National Seminar on "Fitness and Wellness through Sports" to be organised on 7th & 8th November 2015.

Sri Krishnadevaraya University had its beginning as the Post Graduation Centre of Sri Venkateswara University in the year 1968. It gained autonomy in the year 1976. Fulfilling the desires of the people of the region, the Autonomous Post Graduation Centre was given the status of the University in the year 1981. Initially, Sri Krishnadevaraya University functioned as a unitary University. It was conferred the status of an affiliating University in the year 1987. Presently, it is catering to the higher educational needs of the districts of Anantapuramu and Kurnool. The post Graduate Centre at Kurnool, brought under the jurisdiction of the University in the year 1993, was given the status of a University (Rayalaseema University) from the academic year 2008-2009. Total affiliated Colleges 86, B.Ed Colleges-23, P.G.Colleges – 07, M.Ed Colleges- 4, and one Law College -1 B.Ped. The Department of Physical Education was started during the academic year 1979-1980. The Department is committed to be strengthen the interested students in their chosen sports activities. It also organizes the games and Sports competitions throughout the year and given intensive training and coaching to the students who have talent to participate in the

Inter and Intra Varsity tournaments.

The enthused and relatively high ranking sports persons have an opportunity to induct into the University teams. Any student of this College can automatically avail the facilities for various sports and games activities under the control of the University Physical Education Department. The college has facilities for playing sports and games. Good facilities are available for Volleyball, Football, Cricket, Kabadi, Badminton, Basketball, Chess and other games, every year a large number of college students participate in Inter – University competitions conducted by the University, and Inter- University competitions by a host University. Some of the students have bagged prizes both at State and National level in the past. The College is noted for its organization abilities and systematic way of conducting sports and games activities.

After four decades of Southern history the spectacular All India Hockey men Tournament was organized in the Academic Year 2013- 14 in Rural Development Stadium by S K University, Anantapuramu which remained cherishable memories not only to the players but also to all the spectators. It gives a great credit to our golden history of Sri Krishnadevaraya University. I proudly pronounce that our University Team bagged Third position in South Zone inter University Hockey Men Tournament. Whole heartedly the RDT cooperated fully for organizing this event successfully.

In addition to that the Department has undertaken to conduct Physical Education common

entrance test (PECET) for seven times during the year 1992, 1993, 1999, 2000, 2001, 2002, 2003 and 2006 on behalf of the State Government.

The Department of Physical Education and Sports (with Master of Physical Education Course), established in the year 1991, has offering training in Physical Education to hundreds of students and contributing to their employability in Andhra Pradesh, Telangana and Karnataka states in India.

Theme of the Seminar: Sports and games play predominant role to develop overall personality in an individual. Sports is an essential element in shaping human personality in maintaining sound mind and body, in facilitating social interaction, in fostering peace, brotherhood and national building. It is known fact that, true personality of an individual is nurtured and developed in a planned and systematic manner by carefully selecting activities that brings desirable changes to an individual. Participating in sports is one of the means amongst others to develop the potentialities of an individual to the fullest extent. Sports play prominent role in modern society as sports have become inseparable phenomenon of our social life. In sports, it has become an accepted practice to win. Today sportsmen are able to achieve high level performance by means of adopting a multidisciplinary approach.

Fitness is not only one of the most important key to a healthy body, it is basis of dynamic and creative and intellectual activity.

This seminar provides a rare opportunity to interact with physical educationists and sport scientists.

Sub themes:

1. Allied areas of Physical Education, Sports & Sports Sciences
2. Biomechanics
3. Exercise Physiology
4. Physical Education
5. Science of Sports Training
6. Sports Health & Nutrition
7. Sports Medicine
8. Sports Pedagogy
9. Sports Psychology
10. Yoga, health and well being

About Delegates: We have invited around 400 delegates from all the corners of the Nation, who are well experienced and will throw light on the various issues related to personality development through the Sports. Altogether around 80 papers on various issues are going to be presented during these two days.

About Resource Persons: We have invited eminent resource persons from Tamilnadu, Maharashtra, Karnataka, Telangana, Andhra Pradesh and other parts of the nation. Who are stal words in the field of Physical Education and Sports and enlighten the gathering by focusing on various problems and solutions on various issues related to fitness and wellness and other elite Sciences. The main aim of this seminar is to make the sedentary groups participate awareness and fitness program.

I thank to our university honourable Vice- chancellor Prof.K.Rajagopal garu, Registrar Prof.K.Dasaratharamaiah garu and University Grant Commission for giving me an opportunity to organize this valuable event.

My thanks also due to Sri Moncho Ferrer garu, Programme Director, Rural Development trust Anantapuramu who has facilitated infrastructure necessary facilities to organise this great event moderately.

Dr.B.Jessie

