

Faculty Development Program

For

Physical Education Trainers/Sport-games Teachers/Directors of sports/ Sports Officers

Topics :

- ✓ Sports performance and analysis
- ✓ Yoga and physical activity
- ✓ Stress and anxiety management with tools and techniques
- ✓ Sports frame work for a better perspective towards students professional careers
- ✓ Discover from ordinary to extraordinary
- ✓ Body posture issue and remedies for software professional
- ✓ Principals of physical literacy
- ✓ Rules applicable in computations, warnings and disqualification in athletics
- ✓ Sports psychology
- ✓ Nutrition
- ✓ Sports Technology applicable in Tennis
- ✓ Need and importance of NCC in Engineering Colleges.

For online Registration :

<http://www.bit.ly/pefdpist>



Organizing Committee :

Chief Patron

Sri N. Ram Kumar

Correspondent

Patron

Dr. V. Vijaya Kumar Reddy

Director

Convener

Dr. V. Mallikarjuna Reddy

Physical Director

Advisory Committee :

Dr. M. Siva Sankar Reddy

Professor & Director of Physical Education , S.V.University, Tirupati

Dr. D. Srinivas - Professor & HOD, CED

Dr. S. Suresh Reddy - Professor & HOD, EEED

Dr. CH. R. Vikram Kumar - Professor & HOD, MED

Dr. G. Harinatha Reddy - Professor & HOD, ECED

Dr. A. Rajasekhara Reddy - Professor & HOD, CSED

Prof. M. Nataraja Suresh - Professor, CSED

Dr. C. Raveendra Reddy - Professor & HOD, S&HD

Organizing Members :

Mr. CH. Venugopal

Superintendent, 9441542008

Ms. K. Shobha Rani

Asst. Physical Director, 9032579735

Mr. P. Ramu Kumar

Asst. Physical Director, 9603308445

Mr. E. Venkateswarlu

Asst. Physical Director

Address for Communication :

Dr. V. MALLIKARJUNA REDDY

Convener

Faculty Development Program

Department of Physical Education

N.B.K.R. Institute of Science and Technology

Vidyanagar, Nellore Dist – 524 413, Andhra Pradesh

Phone : 9441844120 (Contact in office hours)

Email : pefdp@nbkrist.org



N.B.K.R.
INSTITUTE OF SCIENCE & TECHNOLOGY
(AUTONOMOUS)



AICTE SPONSORED

Two Week (Residential) National Level

FACULTY DEVELOPMENT PROGRAM

(07th – 20th March 2022)



Organized by

Department of Physical Education

N.B.K.R. INSTITUTE OF SCIENCE AND TECHNOLOGY
(AUTONOMOUS)

COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

Affiliated to JNTUA, Anantapuramu, Accredited by NAAC with 'A' Grade

Courses Accredited by NBA under TIER-I

VIDYANAGAR - 524 413, S.P.S.R.NELLORE DIST., A.P.

e-mail : ist@nbkrist.org, website : www.nbkrist.org Phone : +91-8985382247

About the Institute :

NBKR Institute of Science & Technology established in 1979 is an Autonomous Institute affiliated to JNT University Anantapur.

This Institute is reaccredited by NAAC for the third cycle with "A" grade. B.Tech. courses in CE, ME, EEE, ECE, CSE are accredited by National Board of Accreditation (NBA) under Tier-I evaluation.

The Institute is spread across a widely spread lush green campus that houses academic blocks, Boys and Girls hostels, Open air auditorium, sports complex, staff quarters etc. The Institute focuses on skill and professional development of the graduates through student run clubs, technical associations. Professional Student Chapters like IEEE, ISTE, IETE, CSI, IEI exist in the Institute.

Department laboratories and Computer Centre has state-of-the-art equipment to fulfill the needs of the researchers, students and faculty. The central library is well-stocked with books, journals, magazines and news papers. It subscribes thousands of e-journals, e-books. The e-resources can be accessed through the campus network.

The Institute has Army and Naval wings of NCC. There are adequate opportunities for co-curricular and extra-curricular activities helping students gain overall skills. Industrial visits and relevant field visits expose the students to hands-on learning experience.

The Institute has several Centres of Excellences and MoUs with various organizations and industries.

About the Department :

" Health is Wealth "
We strive to keep everyone Fit

A fourteen acre widely spread Sports Complex in the Institute has facility for indoor and outdoor sports and games. Facilities are available for indoor games like Table-Tennis, Chess & Carroms. Courts for Ball-Badminton(2), Tennis(2), Volleyball(3), Kabaddi(2), Handball, Throwball(2), Tennikoit(2), Basketball are available. Cricket, Kho-Kho and Football fields are utilized by students regularly. Gymnasium and Yoga facilities are also available. Sports Events like JNTUA ICT, JNTUA Selection Trials, Autonomous Engineering Colleges Tournaments are organized regularly. Students are encouraged to participate in State and National Level competitions. Several students of the Institute represent in the Inter University Tournaments. Sports complex caters the needs of Army and Naval Units of NCC of the Institute. Students residing in college-attached Hostels make use of the facilities during holidays and after-College hours.

<http://sports.nbkrist.org>

Objective of the Programme :

- ❖ To update the participants with modern rules, regulations and techniques.
- ❖ Learn stress and anxiety management skills in order to help budding Engineers overcome these problems.
- ❖ Orient the participants to develop physical fitness through mass participation in physical activities.
- ❖ Empower the participants to contribute to sports management and sports technology.

About the Programme :

- Morning sessions will focus on Aerobics, Yoga, Martial Arts, Lezioms and recreation activities from 6.00 a.m. – 8.00 a.m.
- Eminent personalities from the field of Physical Education will deliver the sessions everyday from 10.00 a.m. – 1.00 p.m.
- Games and sports specialists will impart hands-on knowledge in the field from 4.00 p.m. – 6.00 p.m.
- Certificates will be issued based on comprehension tests, quizzes and mini-projects.

Accommodation :

Accommodation will be provided to participants with prior request on sharing basis in Hostels.

Maximum no. of Participants is limited to 30

Important Dates :

- Scanned copy of filled Registration Form should reach us on or before **12-02-2022** through e-mail (pefdp@nbkrist.org) along with online **Google Form** (www.bit.ly/pefdpist).
- Intimation of selected participants - **14-02-2022**.
- Selected participants should confirm their participation by **17-02-2022**.

Note : Failure to confirm participation will enable the candidate in waiting list, a slot in the FDP.

How to reach Vidyanaagar :

- By Train : Nearest Railway Stations are Gudur (25 Kms), Naidupeta (26 Kms).
- By Flight : Nearest National Airport - Tirupati (100kms) & International Airport - Chennai (150kms).