



# VIGNAN'S

Foundation for Science, Technology & Research

(Deemed to be UNIVERSITY)

-Estd. u/s 3 of UGC Act 1956



Care for

# Health and Fitness

of students



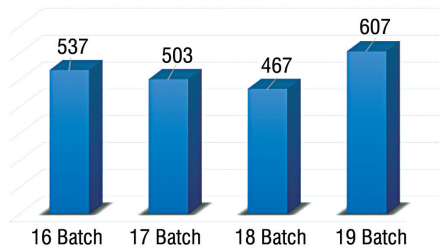
## Introduction

The health of the students is a special focus of the Institute always, appreciating the need to sensitize and train students on the importance of building a robust physique and up-keeping their health. VFSTR has converted its standard practices in to a special course on Physical Fitness allotting three credits in its R19 curriculum. The course is aimed at helping students to develop into all round, physically robust and psychologically balanced professionals, so that they can enjoy sustained success in both professional and personal spheres of their lives,

### Objectives:

- To contribute healthy and knowledgeable professionals to the nation.
- To enable all students to adopt a healthy lifestyle, so that they can continue to conduct their duties with high energy and stamina all through their lives.
- To create a lifelong consciousness on health.
- To maintain a happy and positive outlook among faculty and students.
- To make students physically fit to ward off any disease or epidemics in future.
- To allot Credits to motivate and encourage students to take training on physical fitness more seriously





Batch wise count of Anemic/Overweight students at the time of Intake

## Context:

- It is observed that around 40% of young students of age 18 – 19 years admitted into the Institute do not enjoy robust constitution or enjoy good health in the holistic sense of the word.
- A fair number of them (especially girl students) are found to suffer with anemia and in some cases with obesity. This could be due to the prevailing conditions in the schools without play grounds and no time for any kind of exercises. This is also aggravated due to the changes in the life styles at homes living in the small apartments without proper ventilation and also consuming junk foods etc.
- Though India takes great pride in the fact that is a demographically young country, the health of the youth leaves a lot to be desired. There is a need to initiate some measures to address this issue.

## HOW IT ALL STARTED

### 1 Sports Fete

Encouragement through Sports & Games Tournaments

1

### 2 Yoga as Life Skill

Introduced Yoga as a Life Skill in R16 Regulation

2

### 3 Vignan Goes Fit

Takingup Fitness Challenge for entire Institution

3

### 4 Promoting Fit India

Fitness Resolution Pledges for NewYear

4

5

### 5 Physical Fitness as Credit Course

3 Credits are offered for Physical Fitness in R19 Regulation



## HOW IT EVOLVED

# THE PRACTICE

## Physical fitness records:

- All the students, after admissions are tested by the Physical Directors on their capacity for physical exertion, like their walking and running capacity and other physical attributes.
- Students’ health records are created at the time of admissions after conducting a general health checkup

## Motivational Talks with Prominent Personalities:

Students are motivated on physical health and its impact on their overall professional development by the faculty members, counselors along with physical directors as well as by external experts.



**Ms. Karanam Malleswari**  
Weightlifting  
Champion

**Ms. Jwala Gutta,**  
Indian  
Badminton Player



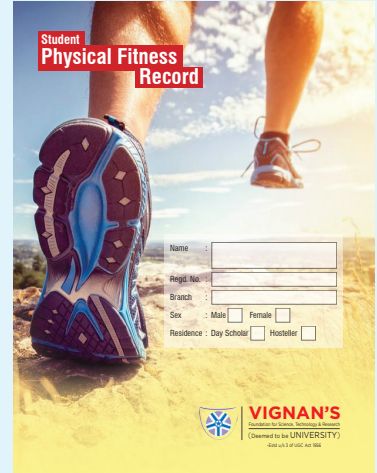
**Mr. Nagapuri Ramesh**  
Coach – SAI

**Mr. Pullela Gopichand**  
Indian  
Badminton Coach



**Mr. I. Ajay Kumar Reddy**  
Captain, Indian Blind  
Cricket Team

**Ms. Sai Revathi,**  
Commonwealth  
Power lifting Champion



**I - YEAR** Academic Year

Body Composition : Height (in cm)  Weight (in Kgl)  Body Mass Index  Weight category :

Physical Activity Test Status : If Yes  No

Reason if not tested	Student Tested	Test 1	Test 2	Test 3	Test 4
	Absent on test Date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Medical Excess	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Special needs / any other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity : 100 mts. Run Time taken (in sec.) Test 1  Test 2  Test 3  Test 4   
400 mts. Run/Walk

Physical Director \_\_\_\_\_ Assoc. Dean, Student Affairs

**II - YEAR** Academic Year

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400 mts. Run/Walk

Physical Director \_\_\_\_\_ Assoc. Dean, Student Affairs



## Provision of **NUTRITIOUS FOOD**

### Reflections:



### Lanka Likhith: 181FA05104

After undergoing the preliminary medical checkup, I was informed by the medical staff that I have iron deficiency. Considering the suggestion given by the medical staff our Hostel management has taken special care by providing leafy vegetable curries, ground nut bars and eggs every day in addition to the regular menu. Many of my friends were also benefitted in the same way. Such care made us feel like home.

## Inclusion of Physical fitness hour in Time Table:

- The required time is provided in the time table for students to use the ground/athletic track. Students have to compulsorily participate in running exercises, besides their participation in sports and games based on their interest.
- Those who fail to meet the minimum standards are asked to come to the ground regularly and put through a regime of exercise over what is provided in the time table.

## Award of Credits for Physical fitness in R19 Regulation:

- Walking and running times of a standard distance are selected as the criteria for awarding credits because these two parameters are common to all and does not require any prior talent.
- Different batches of students are initially tested for the average time of running and walking for specified distances, and the parameters for evaluation at the end of the semester are evolved.
- Participation in 50% of the total physical fitness classes in the ground is another parameter for securing the credits.
- Students are tested once in 45 days to record the improvements in their running time, oxygen levels, and participation in sports/games etc.
- Final evaluation is carried out as a part of end semester examinations.



## EVIDENCE OF SUCCESS

1. Number of students with anemia/obesity/general health problems is found to be reduced from 40% to 5% by the end of 4 years.
2. Performance in academics is found to have improved owing to sound health.
3. Substantial improvement in confidence levels of students and their happiness is noted.
4. Change in life style of the students is observed with respect to quality of food intake and exercise patterns. The Institute is happy at this outcome though an additional expenditure of Rs.40-50 Lakhs per year is required for the hostels.

### Challenges overcome:

1. Resistance among students and their parents due to lack of awareness on physical fitness.
2. An investment to the tune of Rs.70-80 lakhs was needed on the sports facility, and equipment
3. Requirement of a good play ground and basketball courts costing roughly Rs.40-50 lakhs, and also the requirement of investment on consumables.
4. Requirement of extra spending on employing Physical Directors and Coaches.
5. It is challenging to identify and to recruit the relevant coaches.
6. Extra expenses are to be incurred for providing special food.
7. A lot of discussion with experts was required, to carryout trials with students to arrive at the parameters for evaluation.

This programme is in tune with FIT INDIA mission of the Hon. Prime Minister, which was introduced in the Institution much earlier, even before his call. This may be one of the good practices fit to be introduced in all other higher educational institutions to make the country a robust and healthy nation.



## Provision of NUTRITIOUS FOOD

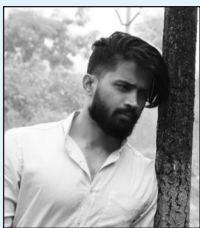
### Reflections:



### Kambala Sai Teja: 181FA04357

If there is anything that a vignan hosteller doesn't need to worry about, it is the food that is provided for us. Being a sports person, I had to go for snacks only after my practice at around 6.30 pm which is usually closing time for snacks. But our mess staff preserves snacks along with pulses and milk for all the sports students so that we need not wait with empty stomach until dinner.

## ALUMNI REFLECTION

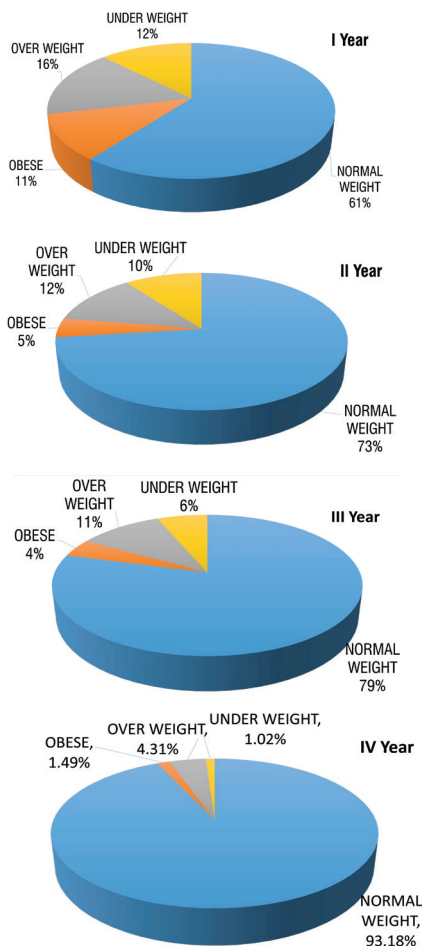


### Kapil (Fitness Coach): 12 Batch, Mechanical Engineering

I am very glad that Vignan has taken a great initiative by offering physical fitness as a credit. Best possible way to inculcate the idea of healthy living for an engineering graduate. We were encouraged a lot to participate in sports and games activities through numerous competitions and National level fest. Now I am proud that I could pursue my career as a fitness coach and be in a position to support many people in shaping their life style.

## PROGRESSION OF STUDENTS BODY MASS INDEX (BMI)

### 2015 Admitted Batch:



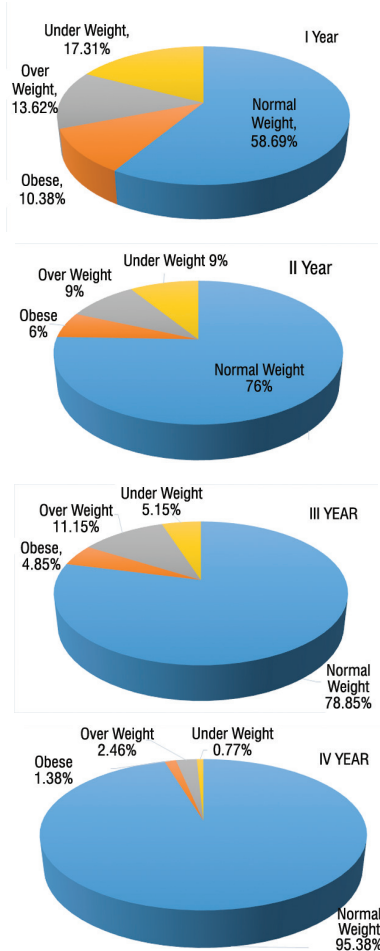
Percentage of Students under each BMI category from I to IV year





## PROGRESSION OF STUDENTS BODY MASS INDEX (BMI)

### 2016 Admitted Batch:



Percentage of Students under each BMI category from I to IV year



## ALUMNI REFLECTION



**Nikhil Valabhoju (Systems Engg at TCS and Fitness coach@tru fit):**  
**12 Batch, Biotechnology**

Be it skinny or obese, body shaming is an unspoken taboo that many Indian youth are bullied upon. Vignan has really made a pinnacle move that creates an awareness to the young generation on how important is fitness in our day to day life. As a proud vignanite, I am happy to share that even after my graduation I am practicing the principles set to us by double timing as a Systems engineer at TCS and Fitness coach at Tru Fit.

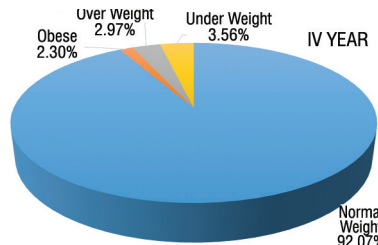
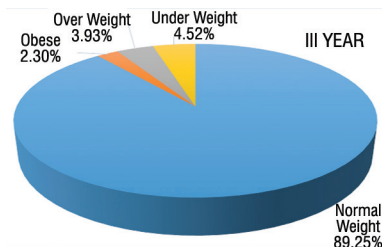
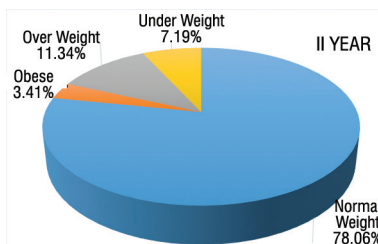
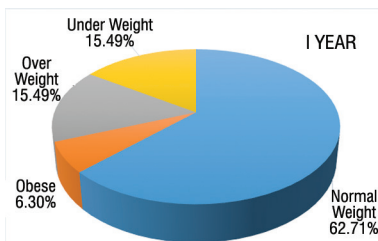
## ALUMNI REFLECTION



**Sri Harsha Vadlamudi**  
 (PG Student and Yoga Instructor)  
 14 Batch, ECE

Being the Vice President of Student Activities Council during my study at vignan, I have had the opportunity to take part in activities that create awareness on significance of YOGA in our day-to-day life. I had organized International Day of Yoga as well as few Yoga camps with my fellow team mates which ignited my interest towards yoga and I never thought that it would help me to become a part time yoga instructor at Germany during my post-graduation study.

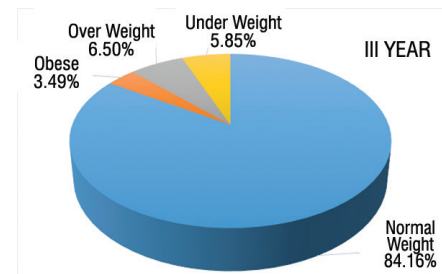
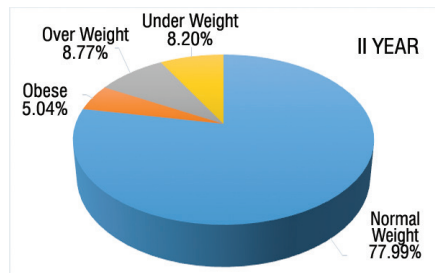
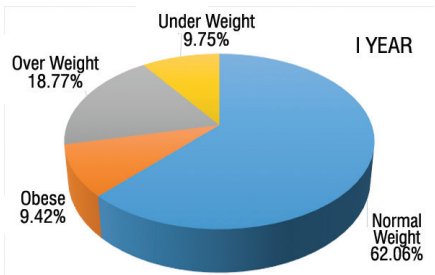
## 2017 Admitted Batch:



Percentage of Students under each BMI category from I to IV year

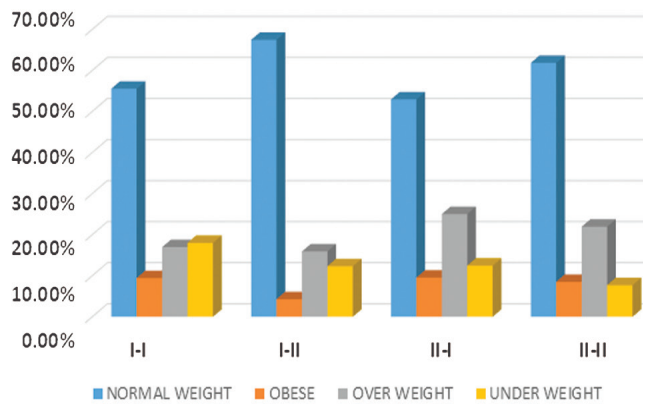


### 2018 Admitted Batch:



Percentage of Students under each BMI category from I to III year

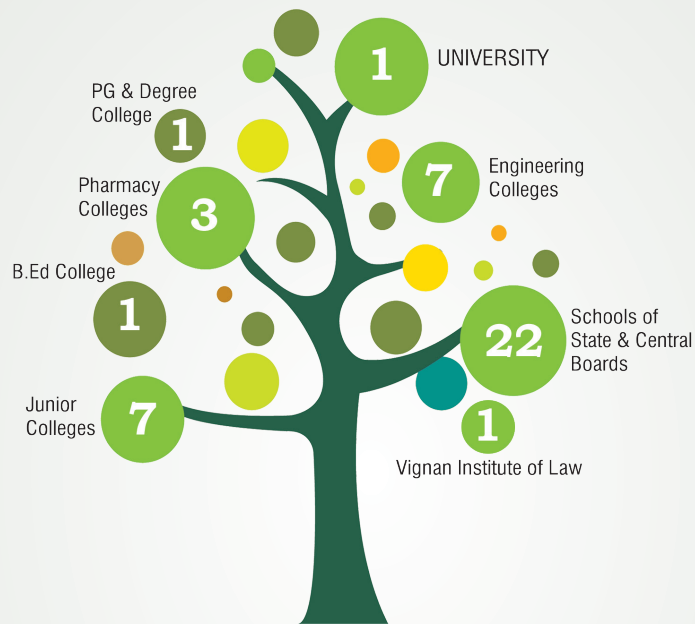
### 2019 Admitted Batch:



Semester wise Progression of Students under each BMI category



Symbolising  
**44** years of  
honest growth



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*Building young India*



School of Postgraduate Studies

7 Engineering Colleges

3 Pharmacy Colleges

B.Ed College

Degree College

7 Junior College

22 Schools

1 Vignan Institute of Law