

Beat: News

## **Sports Promote Both Health And Wealth: SCNR College Physical Director**

### **Holistic Development Needs Encouragement**

Proddatur, Andhra Pradesh, India, 19.04.2015, 17:27 Time

**USPA NEWS** - SCNR College Physical Director Mr. Mahabub Basha addressing the Sports Meet "" 2K15 in VITS, Proddatur on 18.04.2015. The Physical Director said that the interest in sports brings both health and wealth.

SCNR College Physical Director Mr. Mahabub Basha said that interest in sports brings both health and wealth.

Speaking at the Sports Meet "" 2K15, organized by Vaagdevi Institute of Technology and Science (VITS) on April 18, the Physical Director emphasized that playing sports keeps us maintaining the holistic health which builds sound mind leading to values and honesty. One can achieve the peak performance levels with the aid of these characteristics. Lack of awareness and poor provision of opportunities by the government are increasing the rate of illness and affecting our economy drastically at all levels in the society thus leading to the social unrest.

He urged the industrialists to encourage the student community's participation in the sports by providing the facilities. This encouragement will enable them to play and achieve gold medals and to prove the mettle of our country in international level competition.

Mr. Mahabub Basha instructed the students to practice yoga, meditation and pranayama. He wanted every school and college to introduce one compulsory period in timetable for sports for both sound health and wealth.

Later, the winners of Coco, Kabadi, Volleyball, Throw Ball, Tennikoit, Cricket, Javelin Throw received mementoes and certificates of appreciation from SCNR College Physical Director Mr. Mahabub Basha, VITS Director Mr. PR Babaji and Principal Dr. N Kumara Swamy.

All Heads of Departments, Faculty Members, Admin. Staff and Students participated in the programme.

Discription of picttrue series from the left: SCNR College Physical Director Mr. Mahabub Basha addressing the Sports Meet "" 2K15 in VITS, Proddatur on 18.04.2015.

Students present in the Sports Meet "" 2K15 in VITS, Proddatur on 18.04.2015.

Winners receiving the Mementoes and Certificates of Appreciation from SCNR College Physical Director Mr. Mahabub Basha in the Sports Meet "" 2K15 in VITS, Proddatur on 18.04.2015.

Winners receiving the Mementoes and Certificates of Appreciation from VITS Director Mr. PR Babaji in the Sports Meet "" 2K15 in VITS, Proddatur on 18.04.2015.

Winners receiving the Mementoes and Certificates of Appreciation from VITS Principal Dr. N Kumara Swamy in the Sports Meet "" 2K15 in VITS, Proddatur on 18.04.2015.

#### **Article online:**

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**Editorial program service of General News Agency:**

United Press Association, Inc.

3651 Lindell Road, Suite D168

Las Vegas, NV 89103, USA

(702) 943.0321 Local

(702) 943.0233 Facsimile

[info@unitedpressassociation.org](mailto:info@unitedpressassociation.org)

[info@gna24.com](mailto:info@gna24.com)

[www.gna24.com](http://www.gna24.com)