

## R.M.K. Engineering College

Department of Physical Education

### INDIVIDUAL FACULTY DATA SHEET



Name of the faculty member : **Dr.VAKADA.KRISHNARJUNA RAO**

Present Designation : Director of Physical Education

Residential Address : No.85,86,87, Door No. 6F, Apple Block,  
Orchards, Arcot Road, Vadapalani, Ch-26.

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Gender : Male

Date of Birth : 04-02-1962

Date of Joining : 09-07-2003

#### **Particulars of Educational Qualification:**

EDUCATION	SUBJECT	YEAR OF PASSING	NAME OF THE UNIVERSITY
Ph.D	Physical Education	2016	Tamilnadu Physical Education and Sports University, Chennai
M.Phil	Sociology	2009	Annamalai University
M.Ped	Physical Education	1993	Dr.Babasaheb Ambedkar Marthwada University, Maharashtra
M.A	Sociology	2007	Annamalai University
M.Sc, Yoga	yoga	2012	TNPESU ,Chennai
Diploma in Yoga	Yoga	1993	Amravathi University Amravathi, Maharashtra
Yoga Teachers Training Diploma	Yoga	1995	Bihar School of Yoga, Mungher, Bihar
Yoga Therapy	Asthma, Back Pain and Knee Pain	1994	Vk-Yogas, Bangalore
NIS (C)	Table Tennis	1993	NSNIS Patiala - Punjab

1. **Title of Ph.D. Thesis** : “Effects of Aerobic dance and Yogasana programme on Selected Physiological, Bio-chemical and Psychological variables of Sedentary Engineering College Hostel Students”.
2. **Specialisation** : Weight Lifting, Power Lifting, Best Physique, Yoga and Table Tennis.

**Experience:**

ORGANISATION	FROM	TO	DESIGNATION
SRK & NRK Arts and Science College, Guntur.dt, Andhra Pradesh	June, 2000	December, 2002	Physical Director
R.M.K. Engineering College, Chennai, Tamilnadu.	July, 2003	Till date	Physical Director

**Other Relevant Information:**

- Executive committee member in Anna University sports board from 2013 to till date.
- Zone, Inter-zone, All India Inter University, etc., fee revised committee member – Anna University Sports Board

**Yoga Classes Conducted:**

- Yoga classes and Yoga Therapy classes has conducted (more than 30 camps) Guntur dist., Andhra Pradesh.
- Two-month Yoga Classes conducted to the students, Faculty and Non- Teaching Staff of J.M.J. Women’s College, Guntur dist., Andhra Pradesh

PUBLICATIONS

- Dr.V. KRISHNARJUNA RAO and Dr.CH.V.S.T. SAI KUMAR (2015), “Impact of Aerobic Dance on selected Physiological Variables of sedentary college students”, JOPES Vol 7, June 2015 ISSN : 0976-6618 PP: 5-10.
- Dr.V. KRISHNARJUNA RAO and Dr.CH.V.S.T. SAI KUMAR (2015), “ Impact of Yogasana programme on selected Psychological Variables of sedentary college students”, JOPES Vol 7, Dec 2015 ISSN : 0976-6618 PP: 13-17.