

### Session 3 1.30 to 3.00 pm

- Lead talk : **Dr. G. Ajayakumar** (Asst.Prof. Dept of Chemistry Govt. Womens College TVM)
- Topic. : *Food, Toxicity and life Style diseases*
- Chairman. : **Dr. S. J. Shabu** (Asst. Professor of Physical Education Govt. Engeneering College Bartonhill, TVM)

#### Papers :

- Dr. Vinu Bhasker** (Asst. Prof. Govt College, Ambalappuzha)
- Dr. Hassan** (Asst. Prof. Dept.of Physical Education Annamalai University)
- Sri. Babu Antony** (Research scholar Bharathydasn University Tamil Nadu)
- Sri. Tom Thomas** (Asst. Prof. Dept. of Physical Education Mar Ivaniose College Tvm)

- Vote of thanks : **Dr. K. AbdulRahman** (Associate Prof. Dept of Physical Education KST College, Taliparamba, Kannur)

### Session 4 3.00 to 4.30pm

- Lead talk : **Dr. Willson. V** (Asst. Prof. Dept. of Physical Education Kannur University)
- Topic. Physiological Effect of aerobic Dance on Sedentary Women

- Chairman : **Dr. Aji P. L.** (Asst Prof Dept.of Physical Education Govt. Sanskrit college.TVM)

#### Papers:

- Dr. Mahendra Sawant** (Associate Prof.LNCPE TVM)
- Sri. Raghunath. P** (Asst. Professor St: Pius College Rajapuram Kasaragod)
- Dr. Bhopesh** (Asst. Prof. Dept. of Physical Education Annamalai University)
- Dr.Siniabraham** (Asst. Prof. Govt College, Kasaragod)

- Vote of thanks : **Dr. Rosnicx P. K.** (Asst. Prof. Dept. of Physical Education Govt. Womens College TVM)

#### Concluding session

4.30pm **Feedback from Participants**

Concluding Remarks: **Dr Prasannakumar** (Asst prof. Medical College TVM)

# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY COLLEGE THIRUVANANTHAPURAM KERALA



## NATIONAL SEMINAR ON “Physical Exercise Towards Preventing Life Style Diseases”

(Sponsored by Dept. of Collegiate Education, Govt.of Kerala)

ON 24<sup>TH</sup> NOVEMBER 2015

Venue  
SEMINAR HALL  
UNIVERSITY COLLEGE, THIRUVANANTHAPURAM



Dear sir/Madam

In the modern world of advanced technologies and developments, the status of mental and physical health of our youth has become an issue of serious concern. The level of competition in our educational system as well as in the job sector along with life style has resulted in such a situation. One cannot forget the fact that only a healthy body can host a healthy mind. We need to have nutritional food and physical exercises to maintain a sound and healthy body, to conceive good ideas and to live a meaningful life. It is impossible for a person to simply live in the present world without proper 'life skills'. The relevance of interpersonal and psycho-social skills and their connection with physical health has been emphasized even by international organizations like UNICEF. It is in this context, we the Dept.of Physical Education has planned to organize a one day national seminar on ***"Physical Exercise towards Preventing Life Style Diseases"*** On 24th November 2015 the programme is sponsored by Dept. of Collegiate Education, Govt.of Kerala

We cordially invite you to extend your support for making the event a grand success



**Dr. Thankamani MK**  
Principal. University college



**Dr. Sujanesh K Das**  
HOD .Dept of Physical Education



**Dr. Najeeb. H**  
Asst .Professor of Physical Education, coordinator  
Mob; 9847901869 drnajeeb.h@gmail.com

## PROGRAMME

24<sup>th</sup> November 2015

- 9am-9.30am : Registration  
9.30am-10am : Inaugural Session  
Welcome Speech : **Dr. Sujanesh K. Das** (Hod .Dept of Physical Education)  
Presidential Address : **Dr. Thankamani M.K.** (Principal, University College)  
Inaugural Address : **Dr. G. Kishore** (Principal, LNCPE Kariyavattom & TVM, Director Sports Authority of India(SR))  
Key-Note Address : **Padmasree Dr. J. Hareendran Nair** (Managing Director of Pankajakasthuri Ayurveda Medical College & Hospital)  
Felicitations : **Dr. J. Anilkumar** (Vice Principal)  
**Dr. Ragavan** (Joint Registrar & Director In Charge, Dept of Physical Education, University of Kerala)  
**Dr K. Murugan** (Associate Prof: Dept of Botony & IQAC Coordinator )  
**Sri .Balakrishnan** (Asst.Prof Dept of History & Staff Council Secretary)  
**Dr. K. B. Selvamany** (Assistant Professor Malayalam & Staff Club Secretary)  
**Sri. K. R. Padhmakumar** (PTA Vice President )  
**Sri. Thasleem** (Students Representative )  
Vote of Thanks : **Dr. Najeeb. H** (Asst. Professor of Physical Education, co ordinator)

### Session 2 11.30 to 1.00 pm

- Lead talk : **Dr. A. Shershah** (Associate Prof Dept of Physical Education ,TKM College Kollam and Principal Investigator, UGC )  
Topic : *Kerala in crisis : Life style problems and solutions*  
Chairman : **Lt. Dr. George Thomas** (Associate Prof. St: Xaviers College Thumba.TVM)  
**Dr. Kunjikkannan** Asst.Prof. Dept of Physical Education Govt college Kulathoor, TVM  
**Sri. Baby Shijansha K. P** Research scholar University of Culicut  
**Sri. Jithin Jose T.** Asst. Professor St: Johns College Anchal, Kollam  
Vote of Thanks : **Sri. Manoj** (Asst.Prof. Dept of Islamic History)