

## **PROFILE OF DR.R.C.REDDY**

### **Education Qualification:**

- 1) Doctor of Philosophy in Physical Education
- 2) P.G. Diploma in Yoga
- 3) NIS – Basketball
- 4) Published a Book International level title of the Book “Brisk Walk and Yoga Elixir of life” A perfect anti dote to obesity Hyper Tension diabetes.
- 5) Awarded K.Gangi Reddy Gold Medal for best research thesis for the year – 2005.

### **Scholarships:**

- 6) Presented and published many paper in National and International conferences and Seminars
- 7) Delivered many lectures in A.U. Academic Staff College as resource person.
- 8) Delivered two lectures at A.U. Research forum.
- 9) Regularly delivering lectures in University Departments as well as affiliated colleges clubs on Health Fitness and wellness.

### **Excellence in Sports:**

- 10) Awarded Gold Medal in All India Rural National Basketball Championship
- 11) Represented Andhra University Basketball team participated in South Zone Inter-University Championship several times.
- 12) Represented Andhra Pradesh Junior Basketball team and participated in XXXI National Junior Basketball Championship.
- 13) Led Andhra University Basketball as Captain and participated South Zone Inter-University Basketball Championship.

### **Teaching Experience:**

- 14) Teaching M.P.Ed. theory and practical classes in the Department of Physical Education since 1998.
- 15) Recognized as Research Director in Department of Physical Education and at present guiding 4 Ph.D. Research Scholars in the Department of Physical Education including 1 Ethiopian Scholar.
- 16) Delt theory and practical classes on Yoga subject for M.Sc Home Science students for the academic year 2006.

### **Research Area of Specialization:**

- 1) Sports Medicine
- 2) Exercise Physiology
- 3) Indian theory of medicine for health
- 4) Cure of inactive life style associated health problems (Hyperkinetic deceases) like hypertension diabetes and coronary heart deceases through exercises.
- 5) Effect of Yoga on different systems of human body to sustain qualitative prolonged life.
- 6) Curative aspects of stress and anxiety associated problems through exercises
- 7) Methods of training to meet the demands of the different game situations