

## **VFSTR's Sports Fete 2k18 ends with a bang "Valedictory Ceremony held the audience Spell-bound"**

Students, Dignitaries from different states and the family of VFSTR had witnessed an energetic night here on Saturday. All over 2000 students had participated in the event. The Sports Fete which was ended on 8<sup>th</sup> December held the audience spell-bound. Dr. Natarajan was the Chief Guest and Dr. Narisimha Rao was the Guest for Honour.

Speaking on the occasion, with his whimsical speech Dr. Natarajan motivated the students to involve in Sports. He said, Sports are good for all of us in daily life as it involves us in common physical activities under healthy environment. The environment of sports becomes very competitive and challenging for the sportsmen so they focus on the challenges put in front. Physical beauty of the person involves in making the humanity of him, he added.

### **Inseparable part of life**

Guest of Honor Dr. Narisimha Rao said, Sports are Inseparable part of life. Doing a physical activity produces a feeling of ecstasy, lightness, and power. This state of well-being which follows training is made possible due to the endorphins. They act similarly to opium or morphine. As natural drugs, they allow athletes to feel good and happy in their skin.

Furthermore, he said, there are variety of sports played accordingly by the people in various countries. National or international level sports competitions takes place in any country for any sports. Revolution comes in the sports field time to time and replaced by ashtanga or other forms of yoga. Playing sports help us in many ways all through the life.

Chairman of the varsity told that the management is planning and may implement for the next academic year to give the Credits to the students who attain the higher positions in the sports and games. Dr. M.Y.S Prasad, Dr. M.S Raghunathan and Dean students affairs were also present.