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# SPORTS IN INDIA

## AVENUES FOR GROWTH



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CENTRE OF EXCELLENCE IN SPORTS MANAGEMENT  
PILLAI INSTITUTE OF MANAGEMENT STUDIES AND RESEARCH

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# ***SPORTS IN INDIA -***

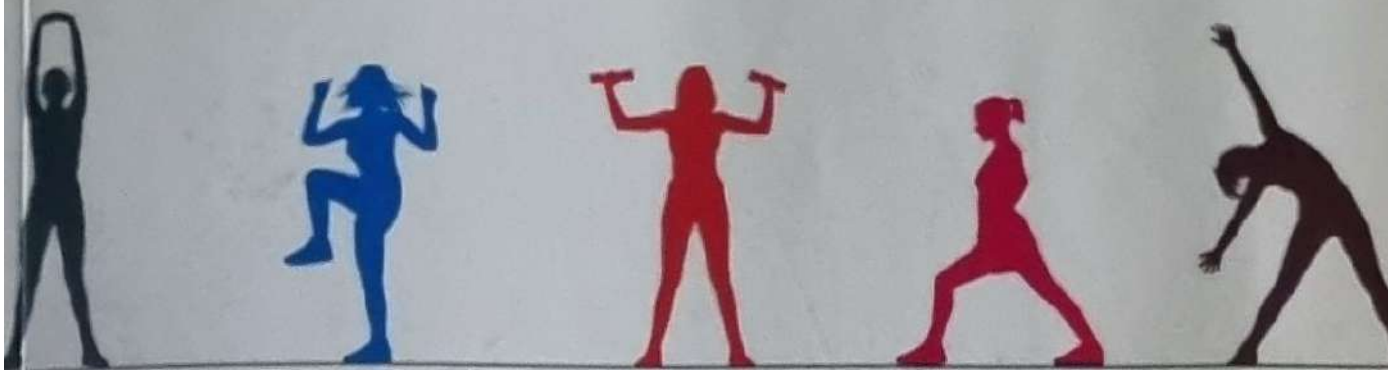
*Avenues for Growth*



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***Dr. Celina Joy***  
***Dr. Betty Sibil***  
***Mr. Franav Pillai***  
***Dr. Satish Nair***  
***Mr. Padmakshan Padmanabhan***

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**HANDBOOK OF**  
**HEALTH**  
&  
**FITNESS**



**Padmakshan Padmanabhan**

**HANDBOOK OF**  
**HEALTH**  
**&**  
**FITNESS**

Padmakshan Padmanabhan



*Indus Source Books*

*Indian Spirit, Universal Wisdom*

This handbook focuses on all aspects of fitness and wellness including Yoga and how it can bring relief from physical & mental stress. It also explains scientific methods of sports and physical training. It covers the various sports injuries that generally occur during sports and physical training and their immediate first aid procedures.

It also contains a section on obesity management—a badly needed section considering the alarming rate at which obesity is on the increase, especially among the younger generation, due to the lifestyle and eating habits. The book helps to understand nutrition and gives advice on balanced diet for people in all walks of life.

*Handbook of Health & Fitness* serves as a day to day user guide for all sports coaches, physical educators, and sports trainees, and assists in the training of physical educators and sports and fitness enthusiasts.

**Padmakshan Padmanabhan** has been involved in physical education, training, adventure activities and coaching for the past twenty-six years. He was former Chief Physical Training Instructor of the Indian Navy and has had considerable experience in the field of Sports and physical Education. He served as a Senior Physical Training Instructor at various Armed Forces Training Institutes including the Indian Navy Physical Training School—the premier Trainer's Training School of the Indian Navy. He completed his post-graduation in Sports Management from Alagappa University and Physical Trainer, First Class, course from Indian Armed Forces (Indian Navy). He also underwent various courses in physical training and sports medicine at the Indian Armed Forces Sports Medicine Centre—Pune, Sports Authority of India's National Institute of Sports and National Institute of Water Sports.

A former national level volleyball player and a certified coach from the National Institute of Sports, he also played water polo at various levels and has expertise in aqua training and physical conditioning. He has wide knowledge and experience in the field of physical training, education, coaching, sports medicine, fitness and the Yogic method of physical well-being. He has attended several national and international seminars. He played a crucial role as an official in organizing the World Military Games in 2007 at Hyderabad, Commonwealth Youth Games at Pune and Commonwealth Games at Delhi.

He is currently the Director of Sports with Mahatma Education Society's Pillai Group of Institutions at Mumbai.

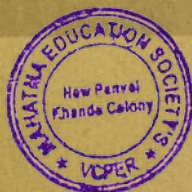
"I congratulate the author for his efforts to bring out this book, which certainly will allow players and coaches to maximise the performance of players. He has covered all the areas connected with systematic development of players.

When the sports sciences were not available great players like Dyanchand, Milkha Singh & Balwant Singh were produced; Kenya, Ethiopia showcased great athletes; it is purely due to will qualities. I hope the yoga/pranayama part in your book will help in understanding the most significant area of fitness and performance."

~ **Mr. M. Shyamsundar Rao**  
**Arjuna & Dronacharya Awardee**

"I congratulate Mr. Padmakshan Padmanabhan for his excellent effort to put across the essential things that a sports coach/ physical educator is supposed to know in his day to day activity. I am sure that this book will be a correct handbook which will help coaches/physical trainers/players to excel their performance in the area of training."

~ **Mr. Om Nambiar**  
**Former National Athletics Coach & Dronacharya Awardee**



**Indus Source Books**  
*Indian Spirit, Universal Wisdom*

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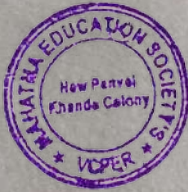


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