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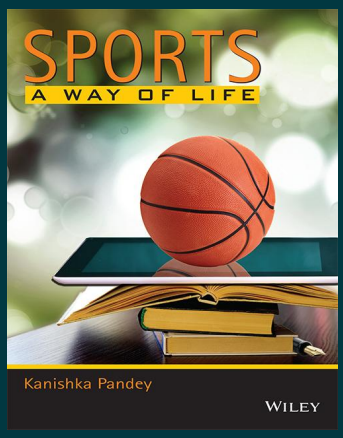

Sports: A Way of Life

By Kanishka Pandey

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Description

Sports: A Way of Life is a comprehensive, academic work on sports based on research work by the author. It is a unique book for the aspiring future sports maestros and is highly beneficial to the students, researchers, sportspersons and general readers. It educates about the 16 values of sports in overcoming the most traumatic and difficult situations in life. This book has attempted to bring back the country on the path of a happy, healthy and progressive society.This book presents a new idea of how sports is helpful for a happy and healthy society. After reading this book, one can derive inspiration and know more about how to manage tensions and how to overcome the associated anxieties. Readers would be able to understand the offerings sports provides in their daily lives. They can imbibe in them the sports values to effectively confront various challenges in this increasingly competitive world.

About the Author

Kanishka Pandey

Kanishka Pandey, a unique blend of academics and a sports person, is associated with sports since the age of 8. He is a former state-level badminton player from Uttar Pradesh and is now pursuing his final-year LLB from Campus Law Centre, Delhi University. He completed his Bachelor of Arts from St. Stephens College, Delhi University

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