

## **FITNESS MANAGEMENT**

1. Fitness, Khelo India Games (Youth & University Games)
2. Health related fitness, Obesity, Over weight and Balanced Diet
3. Skill related physical fitness, Sports Authority of India (SAI Schemes)
4. National Sports Awards(Arjuna, Dronacharya and KhelRatna)
5. Fit India Movement, Traditional Games
6. Hypokinetic diseases and Stress
7. Personal Hygiene and daily Routines
8. Ministry of Youth and Sports Affairs
9. Premier Leagues (IPL,ISL, Pro Kabaddi, Premier Badminton league, Premier Volleyball league & Ultimate Table Tennis)
10. Life skills and life expectancy