

Vice Chancellor of Pondicherry University Prof. Gurmeet Singh releases a new book on “Anthropology of Sports” published by Dr. Ajeet Jaiswal.



Dr. Ajeet Jaiswal, Department of Anthropology, Pondicherry University has recently published a book entitled “**ANTHROPOLOGY AND SPORTS**” which has brought out by Heritage Publisher, New Delhi, Delhi. This is his Eighth (8th) book for his credit. The present book is first of its kind in India.

Anthropology and Sports is highly scientific and well written book on the subject of Kinanthropology. The present book defines meaning of sports in anthropology, Kinanthropometry, physique, choosing suitable activity for individuals with emphasis on redesigning of sports articles, origin of sports, archaeology and sports history and the archaeological record to give relevant information about the historical aspects of anthropology of sports. The book goes on to define concept of culture, culture approach to sports, fundamentals of work physiology along with a brief description of sport practice and anthropometry in relation to the phenomena of body mass, body density, body fat percentage, fat mass and fat free mass, body mass index and somatotype. Human body composition and somatotyping have been duly covered to enable the students to understand the subject using a very structured approach.

The book is unique in its approach because it is written in easy to understand language and can be of immense use to students, teachers and researchers alike. The presentation of the book, its meticulous coverage of subject and Dr. Jaiswal’s scientific approach surely deserves applause.

I congratulate Dr. Jaiswal on such meaningful piece of work and I am sure that students and teachers will benefit from the book to a great extent.