



Sports legends Prakash Padukone (left) and Rahul Dravid have lent their name to the Centre

athletes of the country can use this facility to enhance their performance. We need more such facilities from the private sector for Indian sports to grow. The biggest advantage of CSE is that it is accessible to both elite athletes as well as beginners.”

CSE is able to help budding sports persons as it provides world class infrastructure that was always a deterrent for Indian youngsters in the past. “Since all the sports provide international standard playing surfaces, our players are used to playing on such surfaces and can adjust to the situation quickly while taking part in international competitions. While local athletes can use the facility throughout the year, youngsters from outside Bangalore can avail the facility during vacations. Once the hostel facility comes up next year, it will be a big boon for all the athletes. I am very confident CSE will produce many champions in the years to come,” avers Padukone.

The centre is designed as a one stop shop for all things sports. There is also a hall of fame that has painted images of athletes who have made a mark in the history of sports in India. An

amphitheater and multipurpose hall are also part of the premises. Yonex and Speedo have their retail outlets for the benefit of the sportspersons. There are a couple of restaurants that serve nutritive food as well. “Each and every facility at CSE is of the highest quality and is meant solely for budding athletes. This means that coaches and athletes get a training environment that is all theirs and that freedom goes a long way in athlete development,” says Rahul Dravid who feels humbled to lend his name to a world-class centre like this.

One of the biggest challenges that a sportsperson faces is performance injuries. The centre has a high performance training centre that has some state-of-the-art revolutionary equipment that combines assessment with training and gives real-time feedback. According to Abhinav Bindra, “The role of sports science and technology played a crucial role in my performance and my Olympic journey. I travelled to the best facilities in the world to benefit and help improve my performance. I always wanted to see these facilities and technology available in India and that is where the idea of

opening a high-performance training centre was born.”

The Abhinav Bindra Targeting Performance Center provides the best sports performance training facilities and rehabilitation therapy in India through intricate and intense exercises that give accurate results. The varied equipment here help athletes and people who use the Centre monitor their training, peak performance, rehabilitation and injury prevention. The comprehensive full body approach focuses on permanent correction through Biomechanical Assessments (Postural & Functional), Sports High-Performance Training, Prehabilitation, Advanced Rehabilitation and recovery. The machines help in gait analysis, squat analysis, upper and lower limb test, postural balance test, proprioceptive test, foot balance compares and postural test to analyze imbalances in your back muscles and body.

Tecnobody systems here are used extensively for medical fitness, sports science and rehabilitation. The Cryospace here is designed to provide immediate cooling for the whole body using the vapor of liquid nitrogen via exposure to cryogenic temperatures to cool down nerves and body muscles. A Pilates studio is also part of this centre and is known for its low-impact flexibility and muscular strength and endurance movements ensures proper postural alignment, core strength and muscle balance.

“The vision is to be the centre from where Indians win laurels at the international arena for our country. I am also looking at making sure there is access to such a facility whether it is at a grass root level program or for people who want to become healthier,” adds Kumar. CSE is certainly changing how sports will be perceived in the country – definitely a step in the right direction for a sporty future.