

**THE MAHARASHTRA RIFLE ASSOCIATION IS PROUD TO ANNOUNCE IT'S ALLIANCE WITH INTERNATIONALLY ACCLAIMED PHYSIO THERAPISTS NIRANJAN PANDIT AND ANUJA DALVI PANDIT OF 'LIVEACTIVE' - TO HELP SHOOTERS ENHANCE THEIR PERFORMANCE, BY BRINGING THEM TO MRA RANGES ON A CONTINUAL BASIS.**

Our vast and expansive understanding of the shooting sport has convinced us that our shooters lack '**shooting fitness**'. Maharashtra has a large pool of talented youngsters but fitness is not their forte. Shooters believe that long hours of shooting practise will automatically give them the fitness they require. **Extensive shooting without correct exercise can only give you serious injuries and less than optimal support from the muscles, for uniform shot execution.**

We at MRA believe that our shooters will get a boost in their performance if they are *correctly guided towards Optimal Specific Fitness*. **To make it easier for our shooters we are bringing the team of 'liveactive' to your doorstep.....** Not only will our associated Physio's instruct you on how to improve strength and stamina, take care of any existing pain and injury with treatment and ensure that you have a long and fruitful injury free shooting experience.

INTERESTED SHOOTERS MUST **ENROL** THEMSELVES BY WRITING A MAIL TO MRA OR SPEAKING TO THE PHSIO'S ON THE MRA PREMISES. THEY WILL BE AVAILABLE FOR CONSULTATION AND TREATMENT ON ALL DAYS DURING MSSC AND TWICE A WEEK THROUGH THE YEAR.

With  
Sheila Kanungo - Hon. Gen. Secretary

Regards,



**LiveActive**

**Physiotherapy & Sports Injury Clinic**

**Is now associated with  
Maharashtra Rifle Shooting Association**



Dear All,

LiveActive physiotherapy and Sports Injury Clinic is glad to announce that we are now associated with the Maharashtra Rifle shooting Association and will be providing physiotherapy services in the association premises from 30<sup>th</sup> September 2015, commencing with the Maharashtra State Shooting Championships.

Shooting is a unique sport requiring the highest level of mental toughness. But the role of physical fitness cannot be ignored. A shooter would typically require high endurance levels, flexibility in specific muscle groups and balance & co-ordination to maintain body postures and able to shoot effectively over longer times without getting overuse injuries.

Our team is led by renowned Physios Mr. Niranjan Pandit & Mrs. Anuja Dalvi – Pandit. They have been successfully working with sports like Cricket, Tennis, Squash Kabaddi etc. Some of their current and past associates include IMG – IPL, IPL team RR, Mumbai Cricket Association, National Cricket Academy, MSLTA (Tennis), ITF (Tennis), Champion tennis league and many more. They are supported by an equally talented team of enthusiastic physios.

We believe in working on the entire mechanical chain and hence have designed a thorough assessment program. Use of the latest physiotherapy treatment techniques such as dry needling (acupuncture), Manual therapy, Taping along with excellent supervised exercise sessions provide the best results in injury management. Injury prevention is our forte and this insures enhancing your performance and prolonging your career.

So don't hesitate to get your aching necks, shoulders or backs treated or simply book a session for a musculoskeletal screening and exercise program introduction/modification for Injury prevention..!

**Live Strong.... Live Active!!**

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