

2nd Pre-Level 1 Coaches Course
GROUP-A (8th Nov. to 13th Nov. 2021)
Batch-1 (Time Table)

Date	Time	Lecturer	Topic
8th Nov	6 pm to 7 pm	RADHAKRISHNAN NAIR	Athlete coach relationship
	7 pm to 8 pm	GOPALAKRISHNA PILLAI	Growth and development
	8 pm to 9 pm	VENKETA REDDY BORA	Kids' athletics
9th Nov	6 pm to 7 pm	Ms SUMA	Long term athlete development
	7 pm to 8 pm	SUBASH GEORGE	Skill teaching & coaching
	8 pm to 9 pm	VENKETA REDDY BORA	Introduction to functional anatomy
10th Nov	6 pm to 7 pm	Dr. NATARAJAN	Injury & prevention
	7 pm to 8 pm	Mr RIAZ	Adaptation & training principle
11th Nov	6 pm to 7 pm	Ms SUMA	Introduction to biomechanics
	7 pm to 8 pm	GOPALAKRISHNA PILLAI	Planning a season (periodisation)
	8 pm to 9 pm	SUBASH GEORGE	Introduction to Physiology
12th Nov	6 pm to 7 pm	Dr. NATARAJAN	Anti-doping
	7 pm to 8 pm	VENKETA REDDY BORA	Developing a healthy diet
	8 pm to 9 pm	MD AZARUDEEN	Fundamentals of running
13th Nov	6 pm to 7 pm	VENKETA REDDY BORA	Fundamental of jumps
	7 pm to 8 pm	PINTO REBELOW	Fundamental of throws

Batch-1 Participants

SL No.	Name	Last Name
1.	K BALAJI	K BALAJI
2.	DHANUNJAYA SRINIVASA RAO	PULUGU
3.	KORLAKUNTA JOGENDRA	REDDY
4.	VENKATA RAMANAMURTHY	MARLA
5.	CHANDRA SEKHAR KUMAR	DASARI
6.	SEERAPU SURENDRANADH	REDDY
7.	BHANUMATI	VATAPARAMBU
8.	MYLA	DURGA RAO
9.	JAGARAPU	VARAHANARASIMHAM
10.	PRASAD	NT
11.	SHAIK ABDULLA	
12.	NAGENDLA VIJAYKUMAR	
13.	SEELAM SIVAREDDY	
14.	G V S BHARATH KUMAR	
15.	PASALA SATISH	
16.	DEVARAPALLI PRASAD	
17.	RAGHU	VIJAY
18.	JAGADISH S	SHINDE
19.	NAVIN S	BIDARI
20.	RANJAN	KARIAPPA
21.	SONITH	MENDON
22.	BHAKSHITH	SALIAN
23.	SHIVAKUMAR	S V
24.	RASHMITHA	S
25.	RIYAZ	MIRAKHAN
26.	SUBRAYA	PRABHU S
27.	LAKSHMI	S
28.	GURUPRASAD	NADAGADDI
29.	PARASHURAM	GASTI
30.	DURUGAPPA	M
31.	SHIVAKUMAR	
32.	AJAY	HENRY I
33.	RAVIKUMAR	T S
34.	AVINASH	S
35.	HARSHITH	H R
36.	YASHAVANTHA	K B
37.	SHYAMILY	B B
38.	SANJAN	POOJARY
39.	ELVIN	MARY P
40.	BHARATH	K B
41.	SLT SHAILESH KUMAR	D.H.
42.	AKSHAYA	DIVAKARA
43.	FRANCIS BYJU	GEORGE
44.	KISHORE KUMAR	S
45.	MALLESHI	DHANAWADE
46.	SHALINI	SHETTY
47.	CHINNAMMA	
48.	PRUTHVI	SEREGAR
49.	ABHIJITH	RAVINDRA
50.	SANTHOSH	PADMANABHAN

Batch-2 (Time Table)

Date	Time	Lecturer	Topic
8th Nov	6 pm to 7 pm	GOPALAKRISHNA PILLAI	Growth and development
	7 pm to 8 pm	Dr. NATARAJAN	Athlete coach relationship
	8 pm to 9 pm	Mr RIAZ	Kids' athletics
9th Nov	6 pm to 7 pm	RADHAKRISHNAN NAIR	Long term athlete development
	7 pm to 8 pm	VENKETA REDDY BORA	Introduction to functional anatomy
	8 pm to 9 pm	SUBASH GEORGE	Skill teaching & coaching
10th Nov	6 pm to 7 pm	Mr RIAZ	Adaptation & training principle
	7 pm to 8 pm	Dr. NATARAJAN	Injury & prevention
11th Nov	6 pm to 7 pm	GOPALAKRISHNA PILLAI	Planning a season (periodisation)
	7 pm to 8 pm	Ms SUMA	Introduction to biomechanics
	8 pm to 9 pm	Dr. NATARAJAN	Introduction to Physiology
12th Nov	6 pm to 7 pm	VENKETA REDDY BORA	Developing a healthy diet
	7 pm to 8 pm	Dr. NATARAJAN	Anti-doping
	8 pm to 9 pm	Ms SUMA	Fundamentals of running
13th Nov	6 pm to 7 pm	Ms SUMA	Fundamental of jumps
	7 pm to 8 pm	VENKETA REDDY BORA	Fundamental of throws

Batch-2 Participants

SL No.	Name	Last Name
1.	VISHWAS	BASAVARAJ
2.	RAJESH	S
3.	PUNEETH	KUMAR D
4.	HARISH	S G
5.	SUMEET	PATIL
6.	AKASH MANDOLKAR	MANDOLKAR
7.	SHIVA KUMAR	D
8.	BALAJI	S
9.	HARSHINI	KUMARI
10.	HARIRAM	
11.	SANJEEVKUMAR	KESHAVARAO
12.	DR. DARSHANA HABBU	NAYAK
13.	TEJAS	M
14.	AVIN KUMAR	K
15.	PRAVEENKUMAR	L
16.	MUTAHHIR	HAFEEZ
17.	SUMIT	CHADHA
18.	BHARATH	SHANTHARAJ
19.	VILAS	NEELGUND
20.	VIKAS	SRINIVASAN
21.	DHILJITH	D S
22.	DHINU	D S
23.	SHAHNAWAZ	KALEEMULLAH V
24.	JANESE M P	
25.	ARJUN K	UTHAMAN
26.	ELDHOSE	K JOSEPH
27.	MARTIN ISAAC	SAJU
28.	ALAN	MATHAI
29.	ATHEENDRAPAL CHAKRAVATHY	CHAKRAVATHY
30.	ANJALI	N P
31.	AVINASH	K
32.	ANANDU	JAYARAM
33.	JAISY JOSE KALLARACKAL	JAISY JOSE KALLARACKAL
34.	ANOOP	JOSEPH
35.	HIMA	YOGESH
36.	SAFDAR MON	S
37.	FAIZ	ALI
38.	SOLAMAN BIJU	BIJU
39.	HIWIN	JUSTIN
40.	CINCY B	CHRISTOPHER
41.	SADHIQ	S
42.	ANU	AA
43.	ANOOP	D
44.	ROSHIN R	RAJ
45.	MUHAMMED NAVAS	K
46.	ARAVIND	K
47.	DHANYA	T GANGA
48.	BINOBHAMOL	K J
49.	GIMINU G	
50.	SYAM	SIVAN

Batch-3 (Time Table)

Date	Time	Lecturer	Topic
8th Nov	6 pm to 7 pm	MD AZARUDEEN	Athlete coach relationship
	7 pm to 8 pm	Mr RIAZ	Kids' athletics
	8 pm to 9 pm	PINTO REBELOW	Growth and development
9th Nov	6 pm to 7 pm	PINTO REBELOW	Introduction to functional anatomy
	7 pm to 8 pm	Dr. NATARAJAN	Long term athlete development
	8 pm to 9 pm	MD AZARUDEEN	Skill teaching & coaching
10th Nov	6 pm to 7 pm	RADHAKRISHNAN NAIR	Injury & prevention
	7 pm to 8 pm	GOPALAKRISHNA PILLAI	Adaptation & training principle
11th Nov	6 pm to 7 pm	VENKETA REDDY BORA	Introduction to biomechanics
	7 pm to 8 pm	Dr. NATARAJAN	Introduction to Physiology
	8 pm to 9 pm	Mr RIAZ	Planning a season (periodisation)
12th Nov	6 pm to 7 pm	PINTO REBELOW	Anti-doping
	7 pm to 8 pm	Ms SUMA	Fundamentals of running
	8 pm to 9 pm	GOPALAKRISHNA PILLAI	Developing a healthy diet
13th Nov	6 pm to 7 pm	PARVEER SINGH	Fundamental of throws
	7 pm to 8 pm	Ms SUMA	Fundamental of jumps

Batch-3 Participants

SL No.	Name	Last Name
1.	DR.REKHA	JOSE
2.	KIRAN S KARTHIK	
3.	RAHUL	S
4.	SHINIL	KURIAKOSE
5.	FREDDY JOHN	MICHAEL
6.	HRIDYA	RAMESH
7.	MUHAMMAD	MUJEEB A
8.	ANOOP	SEBASTIAN
9.	MOHAMMED RIYAS	K K
10.	MANU	V P
11.	JIBIN THOMAS	
12.	APARNA	REJI
13.	DR. AJAYAGHOSH. M. V	
14.	LIKSY	JOSEPH
15.	PREETHIMOL T R	
16.	NANDAGOPAN	G
17.	SALMAN	HARIS KP
18.	PRAVEEN	GOPALAN
19.	RAJI	AUSTIN
20.	S. SOORIYA	SAMBU
21.	ANOOP	KULANGARA PRADEEP
22.	LANNET	RAJU
23.	ANLET V	RAJAN
24.	DEEPTHI JS	JS
25.	DHANESHKUMAR M	M
26.	BIJU K V	
27.	ABDUL SHUKOOR K	
28.	NIKHIL KOUR	M
29.	ASHKAR	K M
30.	SELVAKUMAR	M
31.	UNAIS	CP
32.	SAJIL	P.S
33.	ABHINAV	R
34.	SADIQALI	A
35.	AMRUTHA RAJ M G	
36.	HOBY	RAVINDRAN
37.	MUHAMMED	ARSHAD
38.	JOHN BABY	JOSEPH
39.	SAJAN	MJ
40.	VINODH	KT
41.	NIYAS	M C
42.	RAJAN JOSEPH	JOSEPH
43.	SIJITH KUMAR K V	
44.	MOHAMED	PRINCE M
45.	ALBERT	ANTO
46.	BOBU	ANTONY
47.	VINU	WILSON
48.	RIJU	P
49.	RAHUL	R S
50.	DEBENDRA	NAIK

Batch-4 (Time Table)

Date	Time	Lecturer	Topic
8th Nov	6 pm to 7 pm	SATPAL YADAV	Athlete coach relationship
	7 pm to 8 pm	ISHITA DAS	Growth and development
	8 pm to 9 pm	KMALESH YADAV	Kids' athletics
9th Nov	6 pm to 7 pm	JAI PRAKSH BUCKER	Long term athlete development
	7 pm to 8 pm	SAHARASH SHAH	Skill teaching & coaching
	8 pm to 9 pm	ATINDER SINGH	Introduction to functional anatomy
10th Nov	6 pm to 7 pm	ATINDER SINGH	Injury & prevention
	7 pm to 8 pm	PARVEER SINGH	Adaptation & training principle
11th Nov	6 pm to 7 pm	RADHAKRISHNAN NAIR	Introduction to biomechanics
	7 pm to 8 pm	PARVEER SINGH	Planning a season (periodisation)
	8 pm to 9 pm	ISHITA DAS	Introduction to Physiology
12th Nov	6 pm to 7 pm	SATPAL YADAV	Anti-doping
	7 pm to 8 pm	ISHITA DAS	Developing a healthy diet
	8 pm to 9 pm	SAHARASH SHAH	Fundamentals of running
13th Nov	6 pm to 7 pm	ISHITA DAS	Fundamental of jumps
	7 pm to 8 pm	ATINDER SINGH	Fundamental of throws

Batch-4 Participants

SL No.	Name	Last Name
1.	MILAN KISHOR	KUMAR
2.	IPSITA	SAHU
3.	SRIKANTA	PATTNAIK
4.	BHABANI SANKAR	JENA
5.	PRASANT KUMAR	PATTNAIK
6.	BRUNDABAN	BISOI
7.	DURGAPRASAD	PARIDA
8.	SUBIR KUMAR	NAYAK
9.	AMAN	KUMAR
10.	SATYARANJAN	PANDA
11.	NAMITA RANA	
12.	SANJAYA KUMAR	PRADHAN
13.	SANTOSH KUMAR	PADHAN
14.	DEBASISH	DAS
15.	BISWARANJAN	MOHANTY
16.	ANURADHA	BISWAL
17.	NABAKISHOR	MAHAPATRA
18.	VIVEK	V
19.	WILLIAM	VARGHESE
20.	NEWTON	VASEEKAR
21.	PRANAV	M
22.	RAGESH	K M
23.	KARTHIKEYAN K	
24.	SHANMUGASUNDARAM	MARIMUTHU
25.	PRABHAKAR	S
26.	HARI	VIGNESH S
27.	MANOJ	C
28.	STEWART JIJO KINS	S
29.	VEERABATHIRAN	B
30.	ARUN.A	ARUN.A
31.	PAVITHRAN	
32.	C.	AKASH
33.	DHANARAJ	N
34.	VIJAYANANTHAN K	
35.	R.KALAI SELVI	
36.	ASHOK KUMAR	C
37.	KAMALAKANNAN	K
38.	MOHAMMED	ZEESHAN ALI S
39.	ANCHANA	KALAISELVAN
40.	SELVAM	MUTHIAH
41.	DASS C	
42.	SOWTHRI	TAMILARASAN
43.	GANESAN	SP
44.	BALAJI	SARANGAPANI
45.	A. ANANTH	ANANTH
46.	SAMEER	BABA
47.	SURENDAR	B
48.	A.LINGA	KUMAR
49.	THANISH KUMAR	S
50.	JOEL	JAS

Batch-5 (Time Table)

Date	Time	Lecturer	Topic
8th Nov	6 pm to 7 pm	ISHITA DAS	Growth and development
	7 pm to 8 pm	SATPAL YADAV	Athlete coach relationship
	8 pm to 9 pm	SAHARASH SHAH	Kids' athletics
9th Nov	6 pm to 7 pm	SAHARASH SHAH	Skill teaching & coaching
	7 pm to 8 pm	JAI PRAKSH BUCKER	Long term athlete development
	8 pm to 9 pm	KAMLESH YADAV	Introduction to functional anatomy
10th Nov	6 pm to 7 pm	PARVEER SINGH	Adaptation & training principle
	7 pm to 8 pm	ATINDER SINGH	Injury & prevention
11th Nov	6 pm to 7 pm	SAHARASH SHAH	Introduction to biomechanics
	7 pm to 8 pm	ISHITA DAS	Introduction to Physiology
	8 pm to 9 pm	PARVEER SINGH	Planning a season (periodisation)
12th Nov	6 pm to 7 pm	RADHAKRISHNAN NAIR	Developing a healthy diet
	7 pm to 8 pm	SATPAL YADAV	Anti-doping
	8 pm to 9 pm	JAI PRAKSH BUCKER	Fundamentals of running
13th Nov	6 pm to 7 pm	ATINDER SINGH	Fundamental of throws
	7 pm to 8 pm	ISHITA DAS	Fundamental of jumps

Batch-5 Participants

SL No.	Name	Last Name
1.	AJAYKUMAR	S
2.	VASANTHA KUMAR S	SELVARAJ
3.	VENKATACHALAPATHI	C
4.	BHARATH	KARTHIC
5.	VIGNESH	P
6.	SANKARA	NARAYANAN
7.	SURESH S	SURESH S
8.	GOPALAKRISHNA	T
9.	BOOPATHI	DHANASEKARAN
10.	DHEERAJ	PS
11.	POOVANNAN	RAJA
12.	ASHWIN	MAHALINGAM
13.	MARUTHU PANDIYAN	K
14.	HARIHARAN	V
15.	VISHAL V	
16.	P KARTHIKEYAN	
17.	PUGAZENDHI	R
18.	S.PRASANTH	SELLADURAI
19.	AJAY	KOVILPITCHAI
20.	DHAYALAN	T
21.	KARTHI	P
22.	VIRENDRAN	SELVARAJ
23.	VENKATESH	R
24.	RAMDASS	R
25.	VAHITHA	BEGAM
26.	ARUMUGAM PILLAI	SRI EASWARA DHAS
27.	BALAKRISHNAN R	
28.	MOHAMMED ARIF	M Y
29.	THANGARAJ	S
30.	NAVIN KRUBHAKAR. A. U	
31.	GUNASEKARAN	M
32.	SUBHATHRA	KALIDHASAN
33.	ANBUSELVAM	A
34.	BHARATHI	R
35.	HARI PRASAD	K
36.	S. KALIDOSS	SHAMUGAM N
37.	KARTHIK	ERADASA RADHAKRISHNAN
38.	SHAFI	AHAMED
39.	KOWSALYA M	
40.	S.VIGNESH	
41.	ARUN PANDIYAN	A
42.	LOGESH	M
43.	N.SENTHIL	KUMAR
44.	KARTHIKEYAN	KARTHIKEYAN
45.	NITIN	KULKARNI
46.	SATHEESH	TANDLE GOPAL
47.	PARTHIBAN	PERIYAGOUNDAR
48.	BOINI RAJ KUMAR	
49.	SRIKANTH	DEGAM
50.	NIMMALA	PRASHANTH KUMAR

Batch-6 (Time Table)

Date	Time	Lecturer	Topic
8th Nov	6 pm to 7 pm	SAHARASH SHAH	Athlete coach relationship
	7 pm to 8 pm	JAI PRAKSH BUCKER	Growth and development
	8 pm to 9 pm	ATINDER SINGH	Kids' athletics
9th Nov	6 pm to 7 pm	SATPAL YADAV	Long term athlete development
	7 pm to 8 pm	ISHITA DAS	Skill teaching & coaching
	8 pm to 9 pm	KMALESH YADAV	Introduction to functional anatomy
10th Nov	6 pm to 7 pm	SAHARASH SHAH	Injury & prevention
	7 pm to 8 pm	KAMLESH YADAV	Adaptation & training principle
11th Nov	6 pm to 7 pm	JAI PRAKSH BUCKER	Introduction to biomechanics
	7 pm to 8 pm	KAMLESH YADAV	Planning a season (periodisation)
	8 pm to 9 pm	SATPAL YADAV	Introduction to Physiology
12th Nov	6 pm to 7 pm	SAHARASH SHAH	Anti-doping
	7 pm to 8 pm	PARVEER SINGH	Developing a healthy diet
	8 pm to 9 pm	KAMLESH YADAV	Fundamentals of running
13th Nov	6 pm to 7 pm	JAI PRAKSH BUCKER	Fundamental of jumps
	7 pm to 8 pm	RADHAKRISHNAN NAIR	Fundamental of throws

Batch-6 Participants

SL No.	Name	Last Name
1.	DASARATHA	CHAKALI
2.	GHOUSE	MOHAMMAD
3.	DIVAKAR	ALEXANDER
4.	DR. ADITYA	KUMAR DAS
5.	PRAVEEN KUMAR	DEVARAPALLI
6.	VAMSI	MUNUKUNTLA
7.	NITESH REDDY	CHINTAM
8.	SHIVA	KUMAR K
9.	SRIDHAR GOUD	NAYENI
10.	DUMPALA MALLIKARJUNA RAO	RAO
11.	KATTA ABHINAY	ABHINAY
12.	GUGULOTHU	NAGU
13.	PITTALA N	SAI KUMAR
14.	CHIRANJIVI	
15.	SRUNGARAPATI	RAVI KUMAR
16.	SUSMITHA	DASARI
17.	KORADA MRUDULA	
18.	BHUSHAN	TAWDE
19.	MANJULA PATIL	PATIL
20.	GIRISH KANTILAL	MARATHE
21.	OMKAR POPAT BHOSALE	
22.	APURVA	GAWDE
23.	SUSHMITARANI RAJARAM PATIL	PATIL
24.	SUKHDEV	BHIL
25.	BHARAT ARJUN	BAROT
26.	SUNIL MADHUKARRAO	PIMPLE
27.	CHETAN	SONAWANE
28.	PRATHMESH	KHOT
29.	SAURABH	KADAM
30.	OLIVIA	RABERTS
31.	ASHWINI	MANJREKAR
32.	SACHIN	HULKE
33.	LAHANU SHIVAJI	KANDALKAR
34.	SHASHIBHUSHAN	SINGH
35.	TANAJI VINODRAO	BAYSKAR
36.	AMOL	CHAUGULE
37.	RAHUL	YADAV
38.	AJAY	DUSARA
39.	SHAKTI	SINGH
40.	SWAPNIL	KATKADE
41.	SACHIN	LINGAYAT
42.	OMKAR SUDHAKAR	SHELKE
43.	OSINA	NAMCHOOM
44.	SUCHINGTA	CHOWHAI
45.	TAJAR	SORUM
46.	MR	SAHABUDDIN
47.	ROSE MARY	LYNGDOH
48.	LEKETOULIE	LIEZIETSU
49.	BARNALI	RAI
50.	SAJAL CHAKRABORTY	CHAKRABORTY