

**2<sup>nd</sup> Pre-Level 1 Coaches Course**  
**GROUP-B (15<sup>th</sup> Nov. to 20<sup>th</sup> Nov. 2021)**

**Batch-1 (Time Table)**

Date	Time	Lecturer	Topic
15 <sup>th</sup> 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
16 <sup>th</sup> 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
17 <sup>th</sup> Nov	6 pm to 7 pm	Dr. NATARAJAN	Injury & prevention
	7 pm to 8 pm	Mr RIAZ	Adaptation & training principle
18 <sup>th</sup> 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
19 <sup>st</sup> 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
20 <sup>th</sup> 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.	AWANTIKA	SINGH
2.	VARSHA	WADKAR BANDAL
3.	SUNIL	BADE
4.	AMARPRIT	JASPAL
5.	JAYESH	LAKSHMANAN
6.	ANKUSH	GHUGE
7.	SHUBHAM	SHINDE
8.	AMIT	LAHEKAR
9.	AMIT KUMAR	YADAV
10.	NILESH	JADHAV
11.	SAYALI	WAGHMARE
12.	AVINASH	PAWAR
13.	KU SANGITA RUSHI	BAMBODE
14.	PRITAM	SINGH
15.	GAURAV	KATIYAR
16.	NARAYAN DATTU PATIL	PATIL
17.	JASBIR KAUR	MAKKAR
18.	MANSI	KALE
19.	PRAVIN	MEHERE
20.	ANIL	PATHADE
21.	KALPESH	VINERK
22.	AISHWARYA	JOSHI
23.	ARUN SELVAKUMAR	SERMARAJ
24.	RAMDAS	DESHMUKH
25.	SANTOSH	YADAV
26.	RAKHEE SHYAMSINGH	BAYAS
27.	CHANDRAKANT MADHUKAR	JADHAV
28.	JITENDRA	YADAV
29.	AAZAZ	KHAN
30.	NEELA	KAMBLE
31.	PRASHANT	RAHATE
32.	JAITEKAR	CHAITANYA
33.	JITENDRA	GHORDADEKAR
34.	AVIN	.A. THOMAS
35.	SUNIL	
36.	CYRUS	NARIMAN
37.	MD AAFTAB	
38.	GIRDHARI	KUMAR
39.	RAMESHWAR	BHAGAT
40.	MUKUL KUMAR	KUMAR
41.	PANKAJ KUMAR	SHARMA
42.	YOGENDRA	KUMAR SINGH
43.	ANKIT	SNEH
44.	SUJEET	KUMAR
45.	LUCKY	KUMARI
46.	ABHISHEK KUMAR	JHA
47.	SONU	KUMAR
48.	PARAMJEET	SINGH
49.	ADITYA	KUMAR
50.	SHASHANK	SHINDE

## Batch-2 (Time Table)

Date	Time	Lecturer	Topic
15th 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
16th 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
17th Nov	6 pm to 7 pm	Mr RIAZ	Adaptation & training principle
	7 pm to 8 pm	Dr. NATARAJAN	Injury & prevention
18th 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
19th 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
20th 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.	SURESH	KUMAR
2.	PRADEEP KUMAR	SINHA
3.	ALPHIN	JOSE
4.	ROHIT KUMAR	KUMAR
5.	AMIT	TYAGI
6.	SHWETA	CHOUDHARY
7.	DEEPAK	SINGH
8.	AJAY PAL	SINGH
9.	MUKESH KUMAR	KHIRWAR
10.	VANSHIKA	SEJWAL
11.	VIJAY	KUMAR
12.	ROHIT	MISHRA
13.	SHYAM	SUNDER
14.	SAIBAL	ROY
15.	NITIN	JAIWAL
16.	DHEERAJ	KUMAR
17.	KASHISH	NAVIN
18.	SHIVAM BHARDWAJ	BHARDWAJ
19.	PRAVEEN	KUMAR
20.	HEMANT	KUMAR
21.	SHIVENDRA	SINGH
22.	SHAILENDER	BHANDARI
23.	YOGESH	SAHDEV
24.	SANJEEV KUMAR	POWAR
25.	DR. CHETAN KUMAR	KUMAR
26.	RAHUL	KUMAR
27.	CHANDAN KUMAR	KUMAR
28.	VIKAS	KUMAR
29.	RAHUL	
30.	GAURAV	PANDEY
31.	ROHIT KUMAR	KUMAR
32.	DEEPAK	NEGI
33.	PRASHANT ROY	
34.	KAPIL	BHANDARI
35.	GAURAV KANTILAL	PARIKH
36.	KANKRECHA BABUJI	MADHUJI
37.	SIDDHARTH CHANDRAKANT	BAIDE
38.	HIMANSHU	SADHU
39.	RADHIKA	CHUDASAMA
40.	SANDEEP KUMAR	SHARMA
41.	DHANEE	KUMAR
42.	SUBHAM SEAL	SEAL
43.	JAYENDRASINH PREMSINH	JADEJA
44.	POORAVA KUMAR	MEENA
45.	HASAN ABBAS	MASI
46.	PATEL DEEPAKUMAR	KAMLESHBHAI
47.	RATNESH	PRASAD
48.	SALONI RATNESH	PRASAD
49.	SACHIN	CHAUDHARI
50.	RAJPUT KULDIP SINGH	MAHENDRA SINGH

### Batch-3 (Time Table)

Date	Time	Lecturer	Topic
15th 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
16th 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
17th Nov	6 pm to 7 pm	RADHAKRISHNAN NAIR	Injury & prevention
	7 pm to 8 pm	GOPALAKRISHNA PILLAI	Adaptation & training principle
18th 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)
19th 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
20th 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.	PRABHIL	RAM
2.	BHADRSRSH	TANDEL
3.	NEHANGKUMAR	RATHVA
4.	JANGID	SUNIL
5.	YUSUF	KAPADIA
6.	NAVEEN	HOODA
7.	MOHIT	SAINI
8.	SANDEEP KUNDU	KUNDU
9.	YATINDER	SINGH
10.	RAMAVTAR	
11.	HARMESH	
12.	MANO	DEVI
13.	SUNIL	KUMAR
14.	SUNDER	SINGH
15.	SUNIL	
16.	VIVEK	
17.	HARENDER	KUMAR
18.	SURBHI	PANWAR
19.	MANOJ	
20.	NAVEEN	KUMAR
21.	SANGAM	
22.	ANOOP	KHARB
23.	ROHINI	GAUR
24.	DIMPLE	
25.	ANSHU	KATARIA
26.	KESHAV	KUMAR
27.	SATNAM	SINGH
28.	SAHIL	DAHIYA
29.	BADLU RAM	BENIWAL
30.	VIKRAM	
31.	SUNIL	KUMAR
32.	ARUN	KUMAR
33.	VINEET	AHI
34.	SUMAN DEVI	DEVI
35.	SUBHASH	CHAND
36.	BHAGBIR	
37.	STEVE	JOSE
38.	IRFAN	KHAN
39.	ROHIT	GHANGHAS
40.	ANJU	KUMARI
41.	DEEPAK	DHILLON
42.	DEEPAK	KUMAR
43.	SANDEEP	KUMAR
44.	MADAN	BHANDARI
45.	SANSKRITI GERA	GERA
46.	JASWANT	SINGH
47.	SANDEEP	SANGWAN
48.	NEETU	
49.	GURUMUKH	
50.	YOGESH	

### Batch-4 (Time Table)

Date	Time	Lecturer	Topic
15th 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
16th 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
17th Nov	6 pm to 7 pm	ATINDER SINGH	Injury & prevention
	7 pm to 8 pm	PARVEER SINGH	Adaptation & training principle
18th 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
19th 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
20th 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.	AVINASH	
2.	RAJNI	BALA
3.	SUNIL SINGH AHALAWAT	
4.	SHIKSHA	
5.	SIDDHARTH	SHARMA
6.	NITI	PHOGAT
7.	DEEPANSHU	
8.	SANJAY	
9.	UTTAM	SINGH
10.	SANDEEP	
11.	PRITAM	
12.	HOSHIAR	SINGH
13.	BEANT	SINGH
14.	KAVITA	
15.	RAMCHANDER	
16.	ASHOK KUMAR	
17.	DEEPAK	CHAHAL
18.	VIVEK	
19.	KUMARI	VERSHA
20.	PREETI	THAKUR
21.	VIPIN	KATWAL
22.	SEEMA	DEVI
23.	SURAJ	SINGH
24.	HANS RAJ	RAJ
25.	MAHAVIR	PARSHAD
26.	ABHISHEK	SHARMA
27.	AKASH DEEP	BAIGRA
28.	MUNISH	SHARMA
29.	RAVI	KUMAR
30.	ROSHNI	KUMARI
31.	AKASH	KUMAR
32.	AJAY	SINGH
33.	JAYANTA	BHAGAT
34.	ABHILASHA	KUMARI
35.	ROSHAN	TOPPO
36.	PRABHAT	SHANKAR
37.	KAMAL	KUMAR
38.	PRAGATI	KUMARI
39.	KUWAR	SURAJIT KUMAR SINGH
40.	PUSHPA	TIU
41.	MANOJ	KUMAR
42.	SUSHMIT	RANJAN
43.	RAY	BASKEY
44.	MAHTAB	ALAM
45.	JAI RAM	BHAGAT
46.	ARJUN	MAHAKUD
47.	VIJAY SINGH	BANRA
48.	MANOHAR KUMAR	PAHAN
49.	ARCHANA	MARKAM
50.	BHANU PRATAP SINGH	YADAV



### Batch-5 (Time Table)

Date	Time	Lecturer	Topic
15th 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
16th 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
17th Nov	6 pm to 7 pm	PARVEER SINGH	Adaptation & training principle
	7 pm to 8 pm	ATINDER SINGH	Injury & prevention
18th 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)
19th 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
20th 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.	ADITYA KUMAR	GUPTA
2.	GULAFSHA	KHATOON
3.	SHALINI	KEER
4.	RITIK	SEN GUPTA
5.	AKASH	KAURAV
6.	ABHISHEK	KHARE
7.	RITWIKA	RAGHUWANSHI
8.	ATUL KUMAR	SRIVAS
9.	SATYAJEET	GURJAR
10.	JAYANT	MALI
11.	VIJAY KUMAR	TIWARI
12.	SANDEEP	KAUR
13.	SUKHJIT	SINGH
14.	MANPREET	KAUR
15.	SEEMA	RANI
16.	GAGANDEEP	SINGH
17.	GURSI	SINGH
18.	JATINDER	SINGH
19.	KIRANJIT	KAUR
20.	JOGINDER PAL SINGH	
21.	IQBALJOT	SINGH
22.	LAKHWINDER	SINGH
23.	AMRIK	SINGH
24.	KAMALPREET SINGH	GILL
25.	SHAMSHER PARTAP	SINGH
26.	BHUPENDRA	SINGH
27.	MANPREET SINGH	
28.	SARABDEEP SINGH	SINGH
29.	HITESH DESHWAL	DESHWAL
30.	AKSHAY SHANKAR	ASOPA
31.	SHRAWAN KUMAR	PRAJAPAT
32.	KAMAL KUMAR	KUMAR
33.	DR. ABHISHEK	SANCHORA
34.	SHANTI	KUMARI
35.	BALVIR SINGH	RAWAT
36.	SATISH KUMAR	GURJAR
37.	MAMTA	MEENA
38.	SANDEEP	SINGH
39.	MAJOR	SINGH
40.	MAHESH	KUMAR
41.	ANIL KUMAR	CHARAN
42.	VISHRAM	MEENA
43.	KALPANT VAIBHAV	SINGH
44.	DINESH KUMAR	KUMAR
45.	YUSUF	KHAN
46.	HARI SHANKAR	SHARMA
47.	AJEET SINGH	RATHORE
48.	KAN SINGH	TANWAR
49.	BALRAM	BISHNOI
50.	NEELU RATHORE	RATHORE

### Batch-6 (Time Table)

Date	Time	Lecturer	Topic
15th 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
16th 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
17th Nov	6 pm to 7 pm	SAHARASH SHAH	Injury & prevention
	7 pm to 8 pm	KAMLESH YADAV	Adaptation & training principle
18th 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
19th 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
20th 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.	VIPUL	JINDAL
2.	SATYA PRAKASH	YADAV
3.	SHIVRAM	CHOUDHARY
4.	ABHILASHA	KAISHAWAT
5.	NIKHIL	YADAV
6.	OMPAL	
7.	MOTI RAM	RAM
8.	AJAY	HALDUNIYA
9.	SUDHIR	KUMAR
10.	YASHIKA KALA	KALA
11.	ARVIND	KUMAR
12.	REKHA	HALDER
13.	NITIN	SAINI
14.	PARMANAND	KUMHAR
15.	OM PRAKASH	SUMAN
16.	SUBHAKAR SINGH	TOMAR
17.	JINU K	SAMUEL
18.	SANTOSH	THAPLIYAL
19.	ANURAG SAINI	SAINI
20.	RUPESH	YADAV
21.	RAGHUVIR SINGH	VIRK
22.	SUNIL KS	ADHIKARI
23.	SANDEEP	BHATT
24.	KULDEEP	CHAUHAN
25.	YASHODA	KANDPAL
26.	ANIL	KATHAYAT
27.	VIDHAN	MUKHIAO
28.	DAYA	CHAND
29.	DAISY RANI BAISHYA	GOGOI
30.	MAYOOKHI	DEKA
31.	LAKHYAJIT	DAS
32.	SHYAMOLI	SAIKIA
33.	PRASHANTA	HALOI
34.	SHEIKH WAZID	AHMED
35.	RAKTIM	SARAMA
36.	SIDDHARTHA	SARMA
37.	SEMINA	BEGUM
38.	KAMAL LOCHAN	RABHA
39.	SUFIYA	YESMIN LASKAR
40.	RUMI	ROY CHOUDHURY
41.	SANSITA	DOWARAH
42.	VISHAL	DAS
43.	NIPON	DAS
44.	UTPAL	BORDOLOI
45.	SADHANA	YADAV
46.	GAJENDER	SINGH
47.	ANSHU	RAI
48.	NEHA	YADAV
49.	GAURAV	KUMARI
50.	SUSHIL	KUMAR KASHYAP

