

**2<sup>nd</sup> Pre-Level 1 Coaches Course**  
**GROUP-C (22<sup>nd</sup> Nov. to 27<sup>th</sup> Nov 2021)**

**Batch-1 (Time Table)**

<b>Date</b>	<b>Time</b>	<b>Lecturer</b>	<b>Topic</b>
22nd 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
23th 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
24th Nov	6 pm to 7 pm	Dr. NATARAJAN	Injury & prevention
	7 pm to 8 pm	Mr RIAZ	Adaptation & training principle
25th 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
26th 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
27th 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.	SHIV	YADAV
2.	KETAN	BHOIR
3.	AKSHAY	MARDE
4.	KANIKA	SHARMA
5.	SIDDHESH	RAHATE
6.	SATISH	PANDHAWALE
7.	ROHIT	SURWASE
8.	VIRENDRA	KALE
9.	NEELKUSH	YADAV
10.	GURMEET	SINGH
11.	DR NAVISH	KUMAR
12.	VIKRAM	SINGH
13.	SEVARAM	
14.	BRAJ MOHAN	SHARMA
15.	SHUBHAM	POONIA
16.	DEEPAK	SHARMA
17.	DISHANT	JAISWAL
18.	SATYA	VEER
19.	MANISHA SHUKLA	SHUKLA
20.	MUDASSIR	HASAN
21.	SANDEEP	VERMA
22.	SHAKTI	SINGH
23.	SHUBHRA	RAI
24.	GAURAV	BHARTI
25.	PUJA	SINGH
26.	SANGEETA	CHOUDHARY
27.	SUMIT	
28.	CHANDRA	PAL
29.	RAGHVENDRA	SARASWAT
30.	RAVINDRA	KUMAR
31.	VIKAS	KUMAR
32.	RAKESH KUMAR	YADAV
33.	PANKAJ	KUMAR
34.	AMIT KUMAR	SINGH
35.	HARSH	PANWAR
36.	NITESH	TYAGI
37.	IKRAR	AHMED
38.	AKSHAY	KUMAR
39.	DEEPAK KUMAR SINGH	CHAUHAN
40.	ANUJ	KUMAR
41.	AJEET	TIWARI
42.	ARINDOM	CHATTERJEE
43.	SAHELI	DUTTA
44.	DEBASISH	DEY
45.	SHARMILA	MAHATO
46.	PARAG	BHOWMIK
47.	SHEULI	GHOSH
48.	SARBESWAR	KONAI
49.	ARUP	DAS
50.	PULAK KUMAR	DE

## Batch-2 (Time Table)

Date	Time	Lecturer	Topic
22nd 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
23th 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
24th Nov	6 pm to 7 pm	Mr RIAZ	Adaptation & training principle
	7 pm to 8 pm	Dr. NATARAJAN	Injury & prevention
25th 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
26th 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
27th 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.	SOUVIK DHAR	DHAR
2.	SK	SUBHA
3.	RICHA	CHEETRI
4.	AMAL	MANDAL
5.	SUKANTA	MUKHERJEE
6.	MD SHAHIDUL ISLAM	MANDAL
7.	PABAN	PANDIT
8.	RANJIT KUMAR	GHOSH
9.	MAHADEV	ROY
10.	AVIJIT	PATRA
11.	SIBU	RUDRA
12.	RAJARSHI	KAR
13.	SATWIK	DE
14.	ANIMESH	BISWAS
15.	GOPA	SAHA ROY
16.	PROSEJIT	DOLUI
17.	PRALAY	BHAR
18.	SHYAMAL	BOURI
19.	AMITAVA	GHOSAL
20.	CHITRA	BHAR
21.	MOUMITA	MITRA
22.	SUDIP	SENGUPTA
23.	ARPAN	ADAK
24.	RANJIT	MONDAL
25.	SAMBHU	PAUL
26.	PRASANT KUMAR	PANDEY
27.	ABHIJIT	MONDAL
28.	DIPAK	PRASAD
29.	KARTIK	SHIT
30.	MD	NIZAMUDDIN
31.	AKSHAY	KUMAR DAS
32.	BIPLAB	RUIDAS
33.	PIU	CHAKRABORTY
34.	DIBYENDU	SINGHA
35.	KAUNAK	BISWAS
36.	SRINITA	DAS
37.	PRIYANKAR	MUKHERJEE
38.	DIBENDU KUMAR	BEJ
39.	BISWAMANGAL	ROY
40.	SUBHAM	MUKHERJEE
41.	SOMA	SHIL
42.	NABARUN	CHATTARAJ
43.	MD SAMIUL	SEKH
44.	NITA	PAL
45.	TRIPTI KANA	BHOWMIK
46.	ANANDA	MANDAL
47.	SUDIPTA	BHATTACHARJEE
48.	HILLOL	SARKAR
49.	LAKSHMI KANTA	SAREN
50.	SOVAN	SAMANTA
51.	DIBAKAR	KAR
52.	UJJWALENDU	MUKHOPADHYAY

53.	ANKUR	CHATTERJI
54.	SUDEV	HALDER
55.	DIBYAYAN	GHOSH