

Athletics Federation of India (AFI) is organising an exclusive **Strength & Conditioning Course**. This course will be conducted by renowned foreign lecturers, offering an excellent opportunity to enhance knowledge and practical skills in strength and conditioning.

Course Details:

**AFI Strength & Conditioning Course**

S no.	Venue	Date	Lecturer
1.	SAI NSNIS Patiala	28 – 31 March 2026	Mr. Veeramani Subramanyam Mr. Parveer Singh
2.	SAI LNCPE Trivandrum	21 – 24 March 2026	Mr. Lau Chin Meng Ms. Roselyn Hamero
3.	LNIFE Gwalior	27 – 30 March 2026	Ms. Roselyn Hamero Mr. Lau Chin Meng

Registration Information:

- Total Seats: 40 per Venue (Available on a first-come, first-served basis)
- Eligibility:
  1. AFI Registered Coach
  2. WA CECS Level 1 Coach
- Registration will start from 5<sup>th</sup> March 2026
- Course Language: English
- Registration Link: <https://indianathletics.in> (AFI Website)
- Deadline: 15<sup>th</sup> March 2026
- Registration Fee: ₹15,000/-

This is a valuable opportunity to learn from international experts and refine your skills in strength and conditioning. Interested candidates are encouraged to register at the earliest to secure their spot.

For any enquiry, please contact: [afi@indianathletics.in](mailto:afi@indianathletics.in)

Regards



G. Srinibas Patnaik  
Officiating Secretary  
Athletics Federation of India