SKILL DEVELOPMENT PROGRAMME 2019-20

Sports Authority of India Netaji Subhas Eastwern Centre, Kolkata through its Academics Wing, is going to conduct the various Skill Development Programme in 2019-'20 session. The following Skill Development Programme will be held at this Centre with the objective to provide maximum exposure to the participants in getting hand on experience in dealing with various sports disciplines. Further, the course will enhance and update the knowledge in Exercise Physiology, Sports Psychology, Sports Anthropometry, Sports Nutrition & Dietetics, Physical Conditioning, and Rehabilitation & Recovery for the Scientists, Coaches/Trainers Researchers, Physical Educationists, Graduates/ Post graduates, Medical/ Paramedical personals, Sports lovers etc. This Programme is intended to equip them with necessary skills required to provide Athletes/ Sports person of maximum scientific inputs and training. The reputed and well experienced faculty members will teach the Course Curriculum. So, you are requested to kindly send your students to pursue the course for enhancing skills in respect to fields. For further details you are requested to send Email to saieastacademics@gmail.com.

The Skill Development Programme would be in the following modules:

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Skill development Courses</th>
<th>Duration of the course</th>
<th>Date</th>
<th>Last Date of Submission of application</th>
<th>Eligibility Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Physiology of Sports Performance</td>
<td>2 weeks</td>
<td>19th Aug to 30th Aug 2019</td>
<td>16th Aug 2019</td>
<td>Graduation in any discipline from an Indian or foreign university Participation in sports (Preferable) Age : 18 years — 45 years (*) Physical &amp; clinical fitness Certificate</td>
</tr>
<tr>
<td>2</td>
<td>Sports Anthropometry</td>
<td>2 weeks</td>
<td>2nd Sep to 13th Sep 2019</td>
<td>30th August,2019</td>
<td>Graduation in any discipline from an Indian or foreign university Participation in sports (Preferable) Age : 18 years — 45 years (*) Physical &amp; clinical fitness Certificate</td>
</tr>
<tr>
<td>3</td>
<td>Sports Nutrition &amp; Dietetics</td>
<td>2 weeks</td>
<td>16th Sep to 27th Sep 2019</td>
<td>13th September, 2019</td>
<td>Graduation in any discipline from an Indian or foreign university Participation in sports (Preferable) Age : 18 years — 45 years (*) Physical &amp; clinical fitness Certificate</td>
</tr>
<tr>
<td>4</td>
<td>Rehabilitation &amp; Recovery</td>
<td>2 weeks</td>
<td>14th Oct to 25th Oct 2019</td>
<td>11th October 2019</td>
<td>Graduation in any discipline from an Indian or foreign university Participation in sports (Preferable) Age : 18 years — 45 years (*) Physical &amp; clinical fitness Certificate</td>
</tr>
<tr>
<td>5</td>
<td>Sports Psychology</td>
<td>2 weeks</td>
<td>4th Nov. to 15th Nov 2019</td>
<td>1st Nov.2019</td>
<td>Graduation in any discipline from an Indian or foreign university Participation in sports (Preferable) Age : 18 years — 45 years (*) Physical &amp; clinical fitness Certificate</td>
</tr>
<tr>
<td>6</td>
<td>Physical Conditioning</td>
<td>3 weeks</td>
<td>18th Nov. to 6th December 2019</td>
<td>15th November 2019</td>
<td>10 + 2 in any discipline from an Indian or foreign university Participation in sports (Preferable) Age – 18 years to 45 years (*) Physical &amp; clinical fitness Certificate</td>
</tr>
</tbody>
</table>

(*) Relaxation in upper age limit up to 5 years will be given to working personnel and candidates belonging to SC / ST/ OBC/ North East States

(Dr Kalyan Chaudhuri)
I/C—Academics
**Application Form**

Application form can be obtained from the office of Drawing & Disbursing Officer, SAI, NSEC, Kolkata on payment of Rs. 300/- (Non refundable) by Demand Draft, payable at Kolkata in favour of "Director- SAI, NSEC, Kolkata" during office hours from the date of publication of the advertisement up to the last date of submission of application.

**Cost to participants**

<table>
<thead>
<tr>
<th>S No.</th>
<th>Name of the Certificate Course</th>
<th>Course Fee</th>
<th>Lodging / day(optional) Non AC</th>
<th>Boarding Charges / day (optional)</th>
<th>Security deposit (Refundable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Physiology of Sports Performance</td>
<td>Rs. 5,000.00</td>
<td>Rs. 125.00</td>
<td>Rs. 250.00</td>
<td>Rs. 1,000.00</td>
</tr>
<tr>
<td>2</td>
<td>Sports Anthropometry</td>
<td>Rs. 5,000.00</td>
<td>Rs. 125.00</td>
<td>Rs. 250.00</td>
<td>Rs. 1,000.00</td>
</tr>
<tr>
<td>3</td>
<td>Sports Nutrition &amp; Dietetics</td>
<td>Rs. 5,000.00</td>
<td>Rs. 125.00</td>
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<td>Rs. 125.00</td>
<td>Rs. 250.00</td>
<td>Rs. 1,000.00</td>
</tr>
</tbody>
</table>

This skill development programme would help develop the knowledge of the youth in different spheres related to sports and would increase their employment potential.

**Submission of Application**

Applicant should submit the application to the concerned Centre where he/she desires to pursue the programme on or before the last date of submission of application as mentioned above. Correspondence address for submission of application is as follows:

**SAI NSEC, Kolkata**
Incharge Academics, Sports Authority of India Netaji Subhas Eastern Centre Sector- III, Salt Lake City Kolkata - 700 106

**Rejection of Application**
Incomplete applications, applications received after the due date, application without the application fee of Rs. 300/- and the applications not certified by Registered Medical Practitioner will be rejected/not considered.

**General Instructions**

i. Call letters will be sent to the selected candidates. The list of selected candidates will also be uploaded on our website. If the candidate do not receive call letter but his/her name is displayed in the list of selected candidates on our website, he/she is advised to report at the concerned centre to join the programme.

ii. Selected candidates are advised to bring the following items along with them for their use during the programme:
   a. Four passport size photographs
   b. Bed sheets, mosquito net and other necessary personal belongings
   c. Track-suit, T-shirts, Shorts, warm-up shoe, white socks.

**Note:** Sports Authority of India reserves the right to cancel the course without assigning any reason.
APPLICATION FORM FOR ADMISSION
TO THE CERTIFICATE COURSE IN SKILL DEVELOPMENT & TRAINING

Note: Filled-in form superscribing name of the course may be sent to the Incharge (Academics), Sports Authority of India, Netaji Subhas Eastern Center, Kolkata-700106

Name of the Course: .......................................................... Centre: Kolkata

1. Name of the candidate: ..........................................................

2. Date of birth: ........................................................................

3. Father’s/Husband’s name & occupation: .................................

4. Present correspondence/postal address:

5. State of domicile:

6. Whether SC/ST/OBC:

7. Academic qualification:

8. Professional qualification:

9. Proficiency in the game/sport:
  (Please attach self attested certificates)

10. If employed, mention your designation and name of employer:

11. Particular of demand draft attached: No. ..................... Value. .............. Date ................

Place & Date: .................................................................

Signature of the candidate
RECOMMENDATION OF THE SPONSORING AUTHORITY

Mr/Mrs/Miss ………………………………………………………………….. is working in this organization as ………………………………………. Since …………………… on temporary/permanent basis and recommended for admission in the above course.

Signature of Sponsoring Authority with Seal

TO BE CERTIFIED BY A REGISTERED MEDICAL PRACTITIONER

This is certified that I have carefully examined Mr/Mrs/Miss ………………………………………………………………. on dated ………………………. I am satisfied and beyond doubt that he/she is fully fit/not fit for undergoing strenuous physical training programme involving risk injuries.

Practitioner

Signature of Registered Medical

Regd.No………………………………………….. Name:

…………………………………………..

Date: …………………………………………………