

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS
OLD MOTI BAGH: PATIALA-147001

08-10-2021

THREE WEEKS SKILL DEVELOPMENT PROGRAMME IN SPORTS MASSAGE

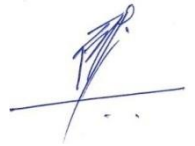
Instructions for candidates selected for 3 Weeks Skill Development Programme in Sports Massage.

1. Online classes will be conducted from 11-10-2021 to 16-10-2021 as per the attached schedule.
2. It is mandatory for the selected candidates to join the online classes through zoom platform
3. **Meeting ID:** 81142593763 & **Pass code:** 1234.
4. Attendance of the candidates will be recorded on day to day classes.
5. Candidates selected for the course are required to deposit the course fee of Rs. **17,000/-** till 11-10-2021, through SB Collect.
To deposit course fee follow the following steps:
Path for SB collect is as :
 - i) [https : //www.onlinesbi.com](https://www.onlinesbi.com)
 - ii) Go - SB collect (By entre top box)
 - iii) New version → select the check box → Proceed
 - iv) State of Institute → Select Punjab
 - v) Type of Institute → Select Education Institution → Go
 - vi) Education Institute name → Select Sports Authority of IndiaSubmit
 - vii) Select payment category > APPLICATION FEE (Skill Development Course in Sports Massage)
 - viii) Fill the Form → Submit

Candidate's fails to deposit course fee will not be allowed to attend the course.

6. Offline practical classes will be conducted as per schedule given below:
Group-1= 18-10-2021 to 29-10-2021.
Group-2= 08-11-2021 to 19-11-2021
Group-3= 22-11-2021 to 03-12-2021
Group-4= 06-12-2021 to 17-12-2021
Group-5= 20-12-2021 to 31-12-2021
Group-6= 03-01-2022 to 14-01-2022
7. Venue of the offline practical classes will be at SAI NS NIS Patiala.
8. Candidates reporting for the offline practical classes have to make their own lodging & Boarding arrangements outside the NS NIS Campus, at their own cost

9. Candidates reporting for offline practical classes have to bring RTPCR Negative test report and have to follow the covid Protocol strictly. Candidates with symptoms of fever, running nose will not be allowed to enter the campus.
10. Drinking of Alcohol, smoking & chewing of Tobacco is strictly prohibited in SAI, NS NIS Campus, any candidate found guilty, will be removed from the course.
11. Candidates are required to obtain 50% marks separately in theory and examination to pass the course
12. Candidates have to bring their original educational qualification certificates and proof of date of Birth.
13. Candidates have to bring their 2 recent passport size photographs which are to be pasted on certificate.
14. Entry to NSNIS Campus without Mask will not be permitted.
15. Candidates are advised to keep their hands sanitized frequently.
16. Request for change of group will not be entertained.



Dr.I.P.Nagi
Deputy Director (Academics)



भारतीय खेल प्रा धकरण
नेताजी सुभाष राष्ट्रीय खेल संस्थान
पुराना मोती बाग: पटियाला-147001
खेल मा लश में तीन सप्ताह का कौशल वकास कार्यक्रम
चयनित उम्मीदवारों के लए निर्देश।

08-10-2021

1. ऑनलाइन कक्षाएं संलग्न कार्यक्रम के अनुसार 11-10-2021 से 16-10-2021 तक संचालित की जाएंगी।
2. चयनित उम्मीदवारों को जूम प्लेटफॉर्म के माध्यम से ऑनलाइन कक्षाओं में शामिल होना अनिवार्य है।
3. Meeting ID: 81142593763 & Pass code: 1234
4. प्रतिदिन की कक्षाओं में अभ्यर्थियों की उपस्थिति दर्ज की जाएगी।
5. पाठ्यक्रम के लए चयनित उम्मीदवारों को एसबी कलेक्ट के माध्यम से पाठ्यक्रम शुल्क रुपये **17,000/-** दिनांक **11-10-2021** तक, जमा करना आवश्यक है।

पाठ्यक्रम शुल्क जमा करने के लए निम्नलिखित चरणों का पालन करें:

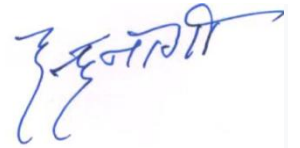
Path for SB collect is as :

1. <https://www.onlinesbi.com>
2. Go - SB collect (By enter top box)
3. New version → select the check box → Proceed
4. State of Institute → Select Punjab
5. Type of Institute → Select Education Institution → Go
6. Education Institute name → Select Sports Authority of India
Submit
7. Select payment category > APPLICATION FEE (Skill Development Course in Sports Massage)
8. Fill the Form → Submit

अभ्यर्थी द्वारा पाठ्यक्रम शुल्क जमा करने में वफल रहने पर उसे पाठ्यक्रम में शामिल होने की अनुमति नहीं दी जाएगी।

6. ऑफलाइन प्रैक्टिकल कक्षाएं नीचे दिए गए कार्यक्रम के अनुसार आयोजित की जाएंगी
Group-1= 18-10-2021 to 29-10-2021.
Group-2= 08-11-2021 to 19-11-2021
Group-3= 22-11-2021 to 03-12-2021
Group-4= 06-12-2021 to 17-12-2021
Group-5= 20-12-2021 to 31-12-2021
Group-6= 03-01-2022 to 14-01-2022

7. ऑफलाइन प्रैक्टिकल कक्षाओं का स्थान SAI NS NIS पटियाला में होगा।
8. ऑफलाइन प्रायो गक कक्षाओं के लए रिपोर्ट करने वाले उम्मीदवारों को एनएस एनआईएस परिसर के बाहर अपने स्वयं के खर्च पर अपने आवास और भोजन की व्यवस्था करनी होगी।
9. ऑफलाइन प्रैक्टिकल कक्षाओं के लए रिपोर्ट करने वाले उम्मीदवारों को आरटीपीसीआर नेगेटिव टेस्ट रिपोर्ट लानी होगी और को वड प्रोटोकॉल का सख्ती से पालन करना होगा। बुखार, नाक बहने के लक्षण वाले अभ्यर्थियों को परिसर में प्रवेश नहीं करने दिया जाएगा।
10. SAI, NS NIS कैंपस में शराब पीना, धूम्रपान करना और तंबाकू चबाना सख्त वर्जित है, दोषी पाए जाने वाले कसी भी उम्मीदवार को कोर्स से हटा दिया जाएगा।
11. उम्मीदवारों को पाठ्यक्रम पास करने के लए थ्योरी तथा व्यावहारिक परीक्षा में अलग से 50% अंक प्राप्त करने की आवश्यकता है
12. उम्मीदवारों को अपने मूल शैक्षक योग्यता प्रमाण पत्र और जन्म तिथि का प्रमाण लाना होगा।
13. उम्मीदवारों को अपने 2 हा लया पासपोर्ट आकार के फोटो लाने होंगे जिन्हें प्रमाण पत्र पर चपकाया जाना है।
14. एनएसएनआईएस परिसर में बिना मास्क के प्रवेश की अनुमति नहीं होगी।
15. उम्मीदवारों को सलाह दी जाती है कि वे अपने हाथों को बार-बार साफ करते रहें।
16. समूह बदलने के अनुरोध पर वचार नहीं किया जाएगा।



डॉ.आई.पी.नागी
उप निदेशक

SPORTS AUTHORITY OF INDIA
Netaji Subhas National Institute of Sports Patiala
3 Weeks Skill Development programme in Sports Massage
List of Eligible Candidates

Group-I

Online Theory Classes= 11-10-2021 to 16-10-2021

Offline Pratical Classes = 18-10-2021 to 29-10-2021 at SAI NS NIS Patiala

S.No	Name & Address	Mobile No
1	BrijeshShukla S/o Sh. Om Prakash 366 N Block Yashoda Nagar Kanpur 2008011 (Uttar Pradesh)	6394352858
2	Gurpreet Singh S/o Sh. Shaminder Sing ARNO Tehsil- Patran Distt. Sangrur (Punjab)	9888038339
3	ChetanBedi S/o Sh. GovindRai H.No C-123 ,Village – ThandiKhuiSujanpuk , Dist- Pathankot (Punjab)	8544987375
4	Deepinder Singh S/o Sh. Jarnail Singh H.No 84, Street No- 04, Old Bishan Nagar , Patiala (Punjab)	9888178605
5	NareshKoduri S/o sh. Narayan Koduri 1606, 16 th Floor , A-Wing Moraji Mill Compound Building , Ashok Nagar ,Kandivali East Mumbai -400101 (Maharashtra)	9699778622
6	HemantRajak S/o Sh. NareshRajak 6 No, Circuit House Gandhi Road Gwalior (Madhya Pradesh)	8103473265
7	Shailendra Singh S/o sh. Suresh Kumar Infronty of Santosh Mata MandirThatipurBajariya Gwalior (Madhya Pradesh)	
8	PuneetShriwastav S/o sh. ShivpujanShriwastav Room No 14, SardarVallabhBhai Patel Hostel BHU, Varanasi - 221005 (Uttar Pradesh)	8738878108
9	Achinth.PGrameen S/o sh. Pushpa Kumar S Triveni ,Plamoottukada P.O , NTA Thiruvananthapuram - 695122 (Kerala)	9633353153

10	Naveen Kumar S. sh. Charanjit Kumar H.No-1815 Ground floor ,Sec -43B, Chandigarh(Punjab)	7889111162
11	SukhvinderKaur D. sh. Zulfkar # 1099, Sec-45 B, Burail Chandigarh (Punajb)	9814539997 9814939997
12	RamyaRajkumar D. sh. Raj Kumar 149 Pennadam Road , VirudhacaalamTaluk, Cuddalore 606001 (Tamilnadu)	8667251967
13	Subir Kumar Hore S. sh. Chanchal More DD-104A, East Narayan Tala, P.O- AswiniNagar , BaguiatiKOLKATA-159	7908069202
14	Abhay Kumar Yadav S. sh. AmarjeetYadav Vill- Rastipur, Post – Umapur, Dist- Mau (Uttar Pradesh)275101	8563971290
15	HarmeetKaur D. Sh. Kashmir Singh Vill- Suller ,P.O -Suller Patiala147001 (Punjab)	6280958264
16	Suman D. Sh. Ashok Kumar Street No -5, House No7 Guru Nanak Nagar Patiala 147001 (Punjab)	8847616494
17	Vivek Kumar S. Sh. DevPartap Singh H.No-4, Green Enclave Sullar Patiala Patiala147001(Punjab)	7355170472
18	Rajesh Kumar S. ShOmprakash Group Central CRPF, Kathgodam, Nanital-263126 (Uttrakhand)	8178968302
19	Abhisar Sharma S. sh. Arvind Sharma H.no-22, Sewak Colony, Near SantKutia Patiala-147001 (Punjab)	94638016225 9463806228
20	Layaket Ali S. sh. Attardin R. Mahichak ,P. . Phalote PIS Kathua(Jammu & Kashmir)	9906531786
21	RanjitKaur W. sh. Jaswinder Singh	9313741737

	Sports Break Group Center CRPP JharodaKalan N/Delhi - 72(Delhi)	
22	Sreejith S S/o sh. Subramanian C South (H), South Avenue Road Near Edakkad (D)Edakkad 673005 (Kerala)	9447760670
23	Krishna Bhutani S/o Sh. Satish Kumar 103/266, Omkar road, Chubhowala ,Dehradun 248001(UltraKhand)	7895132522
24	T.Hinduja D/o Sh. Thunga Chandra Sekhar ThammachettaPalli ,C KandulavariPalli(Parchavath) Chitvel(M) Kadapa (Andhra Pradesh)	7095636012
25	B. Chakravarthi S/o Sh. B. Venkata Plot No-150, ColonyPeruru Tirupati- 517505(Andhra Pradesh)	8121777077
26	Kanwar Singh S/o Sh. Jai singh Baroda Road ,Ward No-1, Gohana Sonipat- 131301(Haryana)	9306707387
27	Yashwant G Mahajan S/o Sh. GajananTukaramMahajan ShukrawarPethRajaniChowk , Washim 444505 (Maharashtra)	8177898974
28	Monu Kumar S/o sh. Mahavir Singh New SullarColony ,Near Post Office Patiala(Punjab)	7973021700
29	Manoj Kumar S/o sh. Rampal Singh Sports Authority Of India, Patiala Patiala (Punjab)	9779108656
30	GurpreetKaur W/o S.Gamdoorsingh Vill- JatanaKhurd, Dist-Mansa (Punjab)	6239180264

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List of Eligible Candidates

Group-2

Online Theory Classes= 11-10-2021 to 16-10-2021

Offline Practical Classes= 08-11-2021 to 19-11-2021 at SAI NSNIS Patiala

S.NO	Name and address of candidate	Contact Number
1	SrishailamPolamoni S. sh. JangaiahPolamoni C. sh. Anil Kumar ,H.No-58, KH No:-136/25, Baba Haridaslave, Jharoda Kalan -110072(New Delhi)	8750112965
2	LopamudraSamal D. Sh. Bijay Kumar Samal Jagannath lane, Dhipajaga, HarachandisahiPuri(M), Puri 752001(Odisha)	8144074457
3	Anil Kumar S. sh. Sheetla Parshad Near Sheesh Mehal ,Sanjay Colony Patiala 147001(Punjab)	8556850097
4	Uttam Singh S. Sh. Pritam Singh KharakKhurad Near Primary School 127114(Haryana)	8059608296
5	Raj Kanwar S. sh. Ranbir Singh Ncoe, SAI NRC JishiChurch , Sonapat(Haryana)	9671700176
6	Sombir Singh S. sh. Jagat Singh V.P.O Dhamar ,Dist- Rohtak , Rohtak(Haryana)	7015111810
7	Deepak Sharma S. sh. Anand Sharma 41-B, Jute Mill Compound ,Patel Marg Ghaziabad (Uttar Pradesh)	8057986105
8	E Nalvin Raja S. sh. M. Easwaran MelaTheru North ThamaraiKulam , KanyaKumari- 629704(TamilNadu)	9952343185
9	Manoj Kumar S. Sh. AnandSingh Rana 968 GurudwaraRoad , Near Maharaj Dairy Jawahar Colony NIT Faridabad 121005 (Haryana)	9268920958

10	Chandra Kanta Rana S. sh. Niranjana Rana QR.No-2RA, ¾ Kalpana Flat Kalpana Area Bhubaneswar -751014 (Odisha)	8249993799 7377221494
11	AmanNoriya S. sh. MunnalalNoriya H.No-2131 Rajeev Nagar Kotrasultanabad Bhopal - 462003(Madhya Pradesh)	7987405122
12	K.Praveen Kumar S. sh. A Kumar G-206, V.G.N Stafford ,Tirumulaivasan Nagar ,Tirumulaivoyil(TamilNadu)	6380659936
13	KrutikaDilipDandekar D. sh. DilipMotiramDandekar 560AB,JeevanJyoti Society Sector No-5, Charkop, Kandivali(West) Mumbai -400067(Maharashtra)	9869639302
14	Jayakrishnan PJ S. sh. V.V JayanandanAchary House No-8, JetvanColony ,Pethe Nagar ,Bhavshingpura, Aurangabad -431001(Maharashtra)	8129350427
15	Abdul Arif Khan S. sh. Mujid Khan 35 A,Kamla Nagar East PiplaniBhel Bhopal 462021 (Madhya Pradesh)	9826482335 8319436662
16	SaugrakpamInao Devi D. sh. S.joy Singh Quarter No-6, Type II, Block No-47, GC CRPF , JharodaKalan , New Delhi-72	8447691136
17	Sania Sharma D. sh. Gaurav Sharma H.No-4410,Gali No-3, RanjitPura Near Premsingh Deport Putligarh Amritsar (Punjab)	8146904952
18	Rajinder Singh S. sh.SJoga Singh H.No-44, TPYE- I, C.R.P.F, Camp Sareya-144805 Khas Jalandhar (Punjab)	9868056952 7888727945
19	Amrinder Singh S. sh.Ajitsingh Gali No-2, HiraBagh Near Ice Feactory Patiala(Punjab)	8288881285

20	SumanJinwal S. sh. Kunwarpal H.No-48, Block -16 KalyanPuri Delhi-110091	8447055022
21	M Kumaresan S. Sh. M. Mani No-31B Jothi NagarTiruttani 631209 Tiruvallur(Tamilnadu)	9943688979
22	Mohit Sharma S. sh. Ram Avtar VillKathiKhera DistHapur(Uttar Pradesh)	8532906166
23	Anjali SainGautam D. sh. Chandra SainGautam Vill- BhartalSirsi, Post- SinghpurSani , Sambhal 244302(Odisha)	9548690963
24	Satwant Singh S. Sh. Gurbaksh Singh ChathaFarm ,Vill- Sujadpur , J Jammu 181101 (Jammu & Kashmir)	9797346812
25	BalaramNayak S. sh. ChiranjibiNayak Trinath Nagar , Old Kanchanpur , BenhampurGanjan- 760009(Odisha)	6370115143
26	Vikram Gill S. Sh. Manohar Gill H.No-233 D Ranjit Nagar Seona Road Patiala(Punjab)	9778744952
27	Raju Ram Jani S. Sh. LoonaramJani Vill- Barsingsar, Dist- Bikaner -334001(Rajasthan)	9968406227
28	Sanjay Kumar Malakar S. sh. Chandrika Prasad Adore GC CRPF Camp Jharodha Kalan Sport BarrakNajmgarh, New Delhi 110072	9631333850
29	Jagseer Singh S. Sh. Nachhater Singh Vill- Sanghreri , P.O- Batraina, Dist- Sangrur -148026(Punjab)	6284982514
30	BhanwarLal S. Sh. Bansilal KarniColony , Nagaur-341001(Rajasthan)	9783457200

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List of Eligible Candidates

Group-3

Online Theory Classes= 11-10-2021 to 16-10-2021

Offline Practical Classes= 22-11-2021 to 03-12-2021 at SAI NSNIS Patiala

S.NO	Name and Address of Candidate	Contact Number
1	BhageerathGorchiya S/o Sh. ChamparamGorchiya Vill-Goganada Post – Singar(Rajasthan)	9929967110
2	Sujeet Kumar Sonkar S/o Sh. RamashraySankar D/59, 70 A Sagra Road Mahnoorganj Varanasi(Uttar Pradesh)	9919469260 7309362940
3	NageshHugar S/o Sh. Ramesh Hugar SAI STC Sports Complex Naga Majjid Court Ponda(Goa)	7620704225
4	Nikita Sahu D/o Sh. Amit Kumar Rebari Baba Ki Gali Ward No-4, Todar Singh Tonk(Rajasthan)	6375927840
5	RambirBashist S/o Sh. Badle Ram H.No- 293, School Road Vill-Khanpur New Delhi -110062	9971799845
6	Vijay Lal Gupta S/o sh. MunnaLal Gupta Vill- Misirpur Post Rohania Dist- Varanasi (Uttar Pradesh)	7703039396
7	SatyendraChoudhary S/o sh. SatyanarayanChoudhary GramSanderaFarm ,PO– Sandera , Th- Peeplu Dist- Tonk- 304801 (Rajasthan)	9001962425
8	Nikhil Chowdary S/o sh. PavanChowdary Flat – 102, Shakuntala Residency Jyoti Colony Secundrabad(Telangana)	9014449107
9	Shyamali Das Nayak W/o sh. AbhijitNayak NabajibanColony , Bisharpara- 700158(Kolkata)	8617699619
10	GirirajChoudhary S/o Sh. Ram Phool Gram Sandera Farm Post Sandera, ThPeeplu Dist- Tonk(Rajasthan)	9462539610
11	Radha Mohan Choudhary	

	S/o Sh. RamphoolChoudhary Gram- SanderaFarm , Po- Sandera , TH- Peeplu Dist- Tonk-304801(Rajasthan)	8955941977
12	Kamaljeet Singh S/o sh. Gurdev Singh House No-508, Dheeru DiBasti Patiala(Punjab)	8725957757
13	RamniwasKhichar S/o Sh. Shivdat Ward No-2, Jai Singh DesarMagra, Bikaner -334803(Rajasthan)	9649298129 9928417189
14	RanuNayak D/o Sh. NilkanthaNayak Sulanguri(Next to meena arum project) Sarada pally New town Kolkata -700159 (West Bengal)	7009537297
15	Koijam Mahesh Kumar S/o Sh. Koijam Nanda Kumar Singh KrishampatLeimajamLeikai Near Shija Dental Hostipal , Imphal West(Manipur)	8837473746
16	KiritbhaiChandubhaiBarot S/o Sh. ChandubhaiBarot Near Central Ver House , MaridaBhagolNadiadKheda(Gujarat)	8866372246
17	Lal Chand S/o sh. Chote Lal RZ-192,D Second Floor Gali No-16, Tughlakbad EXTN Delhi-110019	9811313159
18	SurajChoudhary S/o Sh. NainuLalChoudhary P.N-53, Kalyan Nagar -IIIrd ,Tonk Road Sanganer Airport Jaipur 302029 (Rajasthan)	7976131500
19	MahenderYadav S/o Sh. Rakesh Yadav Central Karate Team G.C.C.R.P.F Kathgodam Distt. Nanital(UltraKhand)	9300043444
20	Jaya Kumar M.R S/o Sh. K. Mura Leedharan Nair Lekshmi ,Muttacadu , Perumpazuthoor 695126(Kerala)	9656968620
21	DasaYamanth Kumar S/o Sh. DasaLakshminarayana 20-31-12, Raindorapeta, Relliveedhi, Near A.V.N College, Visakapatnam-530001(Andhra Pradesh)	9502609586

22	Shivangi D/o shHaribhan Vill- Dhanepur , Post- Resi, Distt- Amethi(Uttar Pradesh)	9696239974
23	S Vinothini W/o K. Seellappan 14E1B, Palanisamy Street S.P PudurNamakka 637001(TamilNadu)	08220310446
24	Nithya.K D/o Sh. Karuppanan M 2/59, PeriyaAyyamPalayamNallipalayam Post Namallai 637003(TamilNadu)	08870077665
25	VishvakarmaAnup Kumar S/o Sh. Ishvardas 301,302 Arihant Park 1, Near Kalariya Road SomnathManidaman 396210	7383143462 7016234688
26	HarshitaDhawan D/o Rajender Kumar Dhawan 52/14, A-5, Street Noi-16, NaiBastiAnandParbat , New Delhi -110005	8448565523 8800979917
27	SingapuramRanjith Kumar S/o Sh. S.Komarayya H.No-9-75 SC Colony R.C.M Church Dist- Janagon V&M Ghanpur Station PCO 506144(Telangana)	7893385591
28	Anil Kumar S/o Sh Ganga Prasad Ganga Nagar AmusiSarojini Nagar Lucknow 226008(Uttar Pradesh)	7080656350
29	RakeshSokariya S/o Sh. Shankar Lal 7A- 359 Tila No 7A KachhiBasti 302004 Jawahar Nagar Jaipur (Rajasthan)	9929633988
30	Shakit Singh Choudhary S/o Sh. Amar Singh H.No-34-C, Ramanand Nagar ,Behind Lal DiggiAlwar- 301001(Rajasthan)	8209547176

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 List of Eligible Candidates

Group-4

Online Theory Classes= 11-10-2021 to 16-10-2021

Offline Practical Classes = 06-12-2021 to 17-12-2021 at SAI NSNIS Patiala

S.NO	Name and Address of Candidate	Contact Number
01	AkhilTokas S. Sh. Rajiv Tokas H.No255 MunirkaVill New Delhi 110067	7210913747
02	DheerajDeswal S. Sh. Jagdeep Singh H.No-9, Rani Khara Village Delhi 110081	9971710402
03	Rockey Sharma S. Sh. Surajbhan Sharma Plot No-20, Banerjee Ka Bag B/H Yashwant School. Alwar(Rajasthan)	8233437206
04	Vinod Kumar Sharma S. Sh. Hari Sharma VillJanuthar, The- Deeg, Dist- Bharatpur-321206(Rajasthan)	8094807064
05	Nirbhya Kaushik S. Sh. Premchand DevserasGoverdhan Mathura -281502(Uttar Pradesh)	8218477969
06	Hemant Kaushik S. Sh. Premchand DevserasGoverdhan Mathura- 281502(Uttar Pradesh)	7983709023
07	Satish Kumar Sharma S. Sh. Hari Sharma Vill-Januthar , The Deeg Dist- Bharatpur(Rajasthan)	9461461702
08	Robin Singh S. Sh. Sukhchain Singh #104 New Yadvindra Colony Patiala (Punjab)	9877992107
09	Survesh S. Sh. Siaram #E413 Sheesh Mahal Colony Patiala (Punjab)	7307862425
10	ShaktidasShyam S. Sh. ShitalChandra Shyam QTR No-171, Type -I, Group Center CRPF SaraiKhas Jalandhar (Punjab)	9988513964

11	Javed Khan S/o Sh. Sharif Khan G.C, C.R.P.F, Sarai Khas Central Hockey Team, Jalandhar-144805(Punjab)	9023461083
12	Hasan Sardar S/o Sh. Saroop Singh Sports Barrack ,Group Center C.R.P.F ,Jharoda Kalan (New Delhi)110072	9211505726
13	Prem Singh S/o Sh. Baldev Singh QTR No-01, Block -42, Type- II, GC, C.R.P.F, JharodaKalan , (New Delhi)110072	9899201314
14	Vijay Kumar S/o Sh. Ranveer Singh Sports Barack Group Center C.R.P.F Jharoda Kalan (New Delhi)	9891457812
15	Brahmjeet S/o Sh. Zile Singh QTR No-21, Block FGC, C.R.P.F, Jharoda Kalan (New Delhi)110072	7988885385
16	Neetu W/o Sh. Naveen Kumar Mahila Barack C.R.P.F Camp Jharoda Kalan(New Delhi)	7056228577
17	Ramji Yadav S/o Sh. Baijnath Yadav QTR No-02, Block -C, Group Center CRPF Jharoda Kalan New Delhi -72	8750757266
18	KusumLata W/o Amit Kumar Plot No-19, Roshan ,Garden Najafgarh South West Delhi-110043	8168309897
19	Sanjoy Singh S/o Sh. K.H Ibotombi Singh QTR No-51, Block -C, Group Center CRPF, Jharoda Kalan - 72(New Delhi)	8527438645
20	Rupinder Singh S/o Sh. Jagtar Singh New Sports Barrack ,Weightlifting Team ,GC- CRPF Jharoda Kalan , 110072(New Delhi)	9970806547
21	Harpal Singh S/o Sh. Harbans Singh QTR No-1 Block No-40, Type II, GC CRPF Jharoda Kalan - 110072(New Delhi)	9311304036

22	HijamPoireinganbiChanu W/o Sh. N. Sarbo Singh QTR No-6, Block -50, Type -II, GC CRPF Jharoda Kalan -110072(New Delhi)	7982345853
23	Rajesh Kumar S/o sh.Bijender Singh Sports Barrack Group Center CRPF Jharoda Kalan ,New Delhi	7011276230
24	Kundan Kumar Singh S/o shBasant Kumar New Colony Shantipuram(Mahaveer Puram) In Front Of R.A.F 101 B.N	7523846075 8707390923
25	Parveen Kumar S/o Sh. HariParkash QTR No-26, F-Block,Type II Group Center CRPF New Delhi	8383961182
26	Subham Singh S/o sh. Uday Raj Singh I- BasagotiManaiya ,PostDhanatulsi Dist- Bhdohi-221309(Uttar Pradesh)	9452557201
27	Kusum D/o Sh. Shiv Kumar B.32 Dkala Road Sheesh Mahal Colony Patiala(Punjab)	6280450870
28	Dhini D.S S/o Sh.Sivadas K Panacha MooduKadayaraVeedu ,KarichalPulluvila ,PO- Trivendrum(Kerala)	8593031189
29	K Ramesh S/o Sh. K.Kuppusamy No4,62, KatturKannanderi(PO), Sankari(T.K) Salem Dist, (TamilNadu)	9600399897
30	Saptarshi Paul S/o Sh. Surya Kant Paul Gangail Road Sri Krishna Palli ,South Of NetaJi School Agartala(Tripura)	9612657820 7005584516

SPORTS AUTHORITY OF INDIA
Netaji Subhas National Institute of Sports Patiala
3 Weeks Skill Development programme in Sports Massage
List of Eligible Candidates

Group-5

Online Theory Classes= 11-10-2021 to 16-10-2021

Off line Practical Classes=20-12-2021 to 31-12-2021 at SAI NSNIS Patiala

S.NO	Name and Address of Candidate	Contact Number
01	Gopal Singh Rotrawal S. Sh. Atar Singh Rotrawal Vill- Somla, The- Hindauncity Distt- Karauli-322252(Rajasthan)	9694433101
02	Sandeep S. Sh. Manohar Barrach No-1, CBT,CRPF Camp Hallo Majra(Chandigarh)	7837774495
03	K JayaChandran S. Sh. P.Kothandapani No 6/14 PerumalKoilst ,Kosavanpalayam , Thirupachur , Tiruvallur- 631203(Tamilnadu)	8807756990
04	Sharmila Devi D. sh. Anil Kumar Vill- Saluni ,POBarkoda, Tehsil- Narnaul Distt- Mdhindergarh(Haryana)	9650366787
05	KiranChnad W. Sh. Gambhir Chand 306 River Vive Ram Saroj Apartment 25, Tilak Marg (Butler Road) (UttraKhand)	8287409101
06	Rahul Dubey S. sh. Kamlesh Kumardubey Vill- HarchandpurAuraiya(Ultra Pradesh)	7060540531
07	Gaikwad Nikita Shyam Kumar D. Sh. Shyam Kumar KrushnaraoGaikwad Post -Sansar, Tal- Indupur Dist- Pune (Maharashtra)	9762732745
08	PavanChauhan S. sh. Swaraj Singh Sports Authority Of India ,sarojini Nagar Lucknow (Uttar Pradesh)	8126948775
09	R. Vanmathy D. Sh. V. Ravi 3331, Krishna Nagar ,AyaBangalow, Thiruppalai Madurai -14(Tamilnadu)	7418632264

10	Ravi Kumar S. Sh. Mahabir Vill- Charkhi ,H.No- 776, Charkhi , Tehsil- Dadri Distt- Bhiwani(Haryana)	
11	Krishan S. Sh. Om Kumar VPO Ranila CH Dadri Bhiwani-1271100 (Haryana)	9671760050
12	Harpreet Singh S. Sh. Sukhdarshan Singh Water Works road Mansa Ward No-21,H.No-104, Gali No-2, (Punjab)	9780121639
13	Divya Mohan M.S W. Sh. Akhil. K Divya Mohan M.S Kozhippali(House) Thenhipalam(PO) Malappuram- 673636 (Kerala)	9995554024
14	Akhil K S. Sh. Subrahmanian.K Akhil.KKozhippalli(House) Thenhipalam(PO) Malappuram- 673636 (Kerala)	9605404719
15	Pradeep Kumar S. sh. Ramphal Singh VPO – FaizpurNinana , Dist- Baghpat-250619(Uttar Pradesh)	9067614509 9370637099
16	Gurpreet Singh S. sh. Parmod Kumar VPO Rohira The- Malerkotla , Distt- Sangrur -148021 (Punjab)	9877553960
17	Lucky Sanwal S. ShKrishnanandSanwal IndarpurgarwalHalduchaur, LalkuanHaldwaniNanital-263139 (UttraKhand)	8192817323
18	Narayah Kumar S. sh. Shankar Das ShergarhGiah Singh, Sri Muktsar Sahib (Punjab)	9877465518
19	Amit Kumar S. sh. Narender Kumar 302, tower 29, Emerald Floors Premier ,Sec 65, Gurgaon -122018(Haryana)	7303560343
10	Karmjit Singh S. sh. Bantsingh Near New GurdwaraMalerKotlaRoad ,Dulladi Nabha(Punjab)	9814461041

21	Pawandeep Singh S. Sh. Sukhpal Singh 54-55 LalKurtiBazzar AmbalaCantt(Haryana)	7988360467
22	Mathews Kadimi S. sh. K David Jaya Kumar 11-31,b1-31, Huda colony , Chandannagar Hyderabad (Telangana)	8106105593
23	Jijo C.B S. Sh. Christudas.J Vettuvilakathu House, Kottampally ,Kattakada , Trivandrum-695572, (Kerala)	9995779810
24	Saratchandran.B S. Sh. K. BhuvanendranNadar GauriNivas ,KaithoorKonam, Edacode, Nemom. Trivendrum 695020 (Kerala)	9495340974 9061263887
25	Vipin Kumar B S. Sh. Bhaskaran Karalickal,Vadakkathik, Menampally, Mukundapuram, PO- Chavapa, Kollam-691583 (Kerala)	9846298223 8848009505
26	Thushara Kannan.K S. Sh. Kannan .K Chothi ,A.P Road, PeringammalaKalliyoor, P.O, Trivendrum-42 (Kerala)	9947533212
27	Bansi Lal S. Sh. Gora Singh Naya Bazar DhaniGujranki Ward-6, Near Shivala Bhiwani(Haryana)	9991964749
28	Pavan Sanjay Patil S. Sh. Sanjay PrabhakarPatil AT- Post Bamnod, Tal- Yawal, Dist- Jalgoan(Maharashtra)	9156784545
29	Hitendra Vijay Hanskar S. Sh. Vijay HiralalHanskar AT Post Bhusawal, Tal- Bhusawal. Tal Bhusawal, Dist-Jalgoan(Maharashtra)	9689020449
30	Jag Roshni D. Sh. Ramchandra Singh Vill- JavdaMustkamJahtoli The- HasanpurDist- Amroha(U.P) 244255	9169019698

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Netaji Subhas National Institute of Sports Patiala
3 Weeks Skill Development programme in Sports Massage
List of Eligible Candidates

Group-6

Online Theory Classes= 11-10-2021 to 16-10-2021

Offline Practical Classes= 03-01-2022 to 14-01-2022 at SAI NSNIS Patiala

01	Name and Address of Candidate	Contact Number
	Lal Singh S/o Sh. Suram Chand R/O Digger , P/O Lander, The- Panchari, Distt-Udhampur(Jammu & Kashmir)	7006248043
02	Satwant Singh S/o Sh. Gurbaksh Singh ChathaFarm ,Vill- Sujadpur, The & Distt- Jammu 181101 (Jammu & Kashmir)	9797346812
03	ManjuNath S Jadhav S/o Sh. Sahadevappa L Jadhav Gangadhar Nagar Shantiniketan Colony 3 rd Cross Hubballi(Karnataka)	9916245060
04	Alex Tete S/o Sh. AgapitTete Logan Bari LowadihNamkum Ranchi (Jharkhand)	9262235851
05	Vamja Viral Ramesh Bhai S/o sh. Vamja Ramesh Parbai Bhai TO- Soyal, TA- Dhrol, Distt- Jamnagar- 361210 ST (Gujarat)	9512967213 9700097914
06	Sachin Kumar S/o sh. Brahampal Singh Q.No-116, Police Colony Shakarpur Thana Ramesh Park Delhi	9999458518
07	Vishal Srikant Nene S/o sh. ShrikantVitthal Nene 1422 Nene Wada Near Shakti Dairy Bramhanpuri Miraj 416410 (Maharashtra)	7767935386
08	Sandhya Lakra D/o Sh.SurenderLakra Shastry Nagar BhithaKanke road Ranchi (Jharkhand)	8709942229
09	Aklakh Khan S/o Sh. Pappu Khan Vill- Bazar Tand, PO+PS- Kanke , Ranchi(Jharkhand)	8789237374
10	Sandeep S/o sh. Jaipal Singh The Lotus PG Near Galaxy Hotel Rohtak(Haryana)	9728888070

11	AkshayMaheshwari S. Sh. Rakesh Kumar Mohalla No-4, Near S.B.I, BilsBudavn(Uttara Pradesh)	9568429035
12	Donamol Joseph W. Sh. Bino Francis Elavummoottil(H) Madappally P.O Changancherry, Kottayam-686548(Kerala)	9947545817
13	Vineeth Kumar PK S. Sh. Unnimadhavan ParayanteKuzhiyil(H) Kottur(PO + Vill) Kozhokode-673614 (Kerala)	7012829386
14	Akhil Francis S. Sh. VA Francis Vadakekkunnel(HO) MattaNode(PO) Kayanna(Vill), Distt-Kozhikode 673527 (Kerala)	9177064277
15	Patel Nilesh Kumar S. sh. Ghanshyambhai Patel 17 MadhuvanBangloz, SV School Near Kadi-352715 (Gujarat)	9998346298
16	Patel Harsh Kumar S. Sh. Pravin Bhai Patel Kukurwada ,Ganpati Nagar Vijapur-382530 (Gujarat)	7284887074
17	Patel Diya D. Sh. Shailesh Kumar 12, MadhuvanBangloz Near SB School Kadi-382715 (Gujarat)	9313484236
18	Patel Sameer S. Sh. Mukesh Bhai 17 MadhuvanBangloz Near SB School,Kadi-382715 (Gujarat)	9664927488
19	M. CharuNivedita D. Sh. S. Mariappan 5/11, Treasury Colony ,Bescki College Road Dindigul-624001 (Tamilnadu)	9448349114
20	R Jamuna D. sh. C. Ramasamy 4/23 Karpagam Gardens, Kalapathi Road Vilankuruchi Coimbatore 641035 (Tamilnadu)	9994437772
21	Dr. S Akila D. Sh. ShanmugaSundaram No-13 A, AmuthaNiyalam Padma Nagar BU(PO)Maruthamalai Road,Coimbatore-46 (Tamilnadu)	9894077744
22	Mohammed Noufal.V S. sh. Unneenkutty Vettikkattu(H) Naduvattom(P.O)Malappuram -679571 (Kerala)	9567491819

23	S. Noman Ali S/o Sh. S. Luqman Ali 46/B Migh, Basith Residency, Santosh Nagar Hyderabad- 500059(Telangana)	9032107078
24	Mahendra Yadav S/o Sh. Rakesh Yadav Central Karate Team ,GC, CRPF Kathgodam, Dist- Nanital 263126(Uttrakhand)	9300043444
25	Bharat Yadav S/o Sh. Jawahir Yadav C27/257 A-1 Kailgarh Colony Jagatganj Varanasi (Uttra Pradesh)	9918340609
26	MohsinKuraishi S/o Sh.RamzanKuraishi Gram-Raitalai TH- Khakn Distt-Burhanpur(Madhya Pradesh)	8878627605
27	Mohd Farman S/o Sh. MohdYakub Vill- Alampuri, PO Sahaspur Bijnor-246745(Uttar Pradesh)	9981617808
28	Kuldeep S/o Sh. Dariya Singh Bass (Satnali) MohinderGarh-123024(Haryana)	9991884407
29	Anurag Singh S/o ShHaribhan Singh VillDhanepur, Post- Resi Distt- Amethi-227801(Uttar Pradesh)	7348352079
30	Harender Kumar S/o Sh. JageshwarPandit House No-D-10/15 Shahbad Dairy Delhi-110042	9990621957
31	Sanjay Kumar S/o Sh. Bhim Singh Block-C, Quatter No-47,Type -II,CRPF Camp Jharda Kalan Railway Delhi- 110072	8607974285 7503983754
32	Arun Kumar S/o Sh.Suresh Ray Tara Devi,E-17 A,Gali No-3,CRPF Camp Sanik ENG Part II New Delhi 110072	8587836037
33	Vijay S/o Sh. Ram Niwas Vill + Post Pali Greater NoidasGautam Buddha Nagar (Uttar Pradesh)	7838616715

SPORTS AUTHORITY OF INDIA
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3- WEEKS Skill Development Programme in Sports Massage

Week 1 (Online Theory) Group 1

Date/Day	Theory 10.00 AM-11.00 AM	Lecture by	11.00 AM- 11.30 AM	Theory 11.30 AM-12.30 PM	Lecture By	12.30 PM - 3.00 PM	Theory 3.00 PM- 4.00 PM	Lecture By
11-10-21 Monday	Introduction to Musculo skeletal anatomy	Ms. Neha Sharma Ahluwalia	B R E A K	Training Aspects	GTMT Expert	L U N C H B R E A K	Recovery Massage & its Types	Mr. Avi Saraswat
12-10-21 Tuesday	Muscles of Neck & Back	Ms. Neha Sharma Ahluwalia		Physiology of Muscle	Exercise Physiologist		Physiological effects of massage	Mr. Md. Bilal
13-10-21 Wednesday	Muscles of upper limb	Ms. Ramya Rao		Fatigue Recovery & Over training	Exercise Physiologist		Indication & Contra indication of massage	Mr. Gourav Ahluwalia
14-10-21 Thursday	Muscles of Lower Limb	Ms. Ramya Rao		Psychological Aids of Recovery	Psychologist		Practical approach to massage	Mr. Ronak Kothari
15-10-21 Friday	Muscles of Respiration & Abdomen	Ms. Shaheen Naz		Nutritional Aids of Recovery	Nutritionist		Post massage Assessment	Mr. Yaswant kumar Kaikey
16-10-21 Saturday	Joints	Ms. Shaheen Naz		Skin Injuries Healing & Hygiene Procedures	Sports medicine Expert		Recording and data management	Mr. Yaswant kumar Kaikey

Week 2 (Offline Practical) – Group – 1

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
18-10-21 Monday	Full Body Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi	L U N C H B R E A K	Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi
19-10-21 Tuesday	Leg Massage	Amarjeet		Leg Massage	Amarjeet
20-10-21 Wednesday	Arm Massage	Chandrej		Arm Massage	Chandrej
21-10-21 Thursday	Abdomen & Chest	Yogender Kumar		Abdomen & Chest	Yogender Kumar
22-10-21 Friday	Head neck & Face Massage	Vineeta Maurya		Head neck & Face Massage	Vineeta Maurya
23-10-21 Saturday	Back & Hip Massage	Pawan Mandal		Back & Hip Massage	Pawan Mandal

Week 3 (Offline Practical) Group – 1

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
25-10-21 Monday	Ayurvedic Massage	Yoginder Kumar	L U N C H B R E A K	Ayurvedic Massage	Yoginder Kumar
26-10-21 Tuesday	Ayurvedic Massage	Yoginder Kumar		Ayurvedic Massage	Yoginder Kumar
27-10-21 Wednesday	Swedish Massage	Pawan Mandal		Swedish Massage	Pawan Mandal
28-10-21 Thursday	Accupressure	Vineeta Maurya		Accupressure	Vineeta Maurya
29-10-21 Friday	Assessment				



DR. I. P Nagi
Deputy Director (Academics)

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3- WEEKS Skill Development Programme in Sports Massage

Week 1 (Online Theory) Group-2

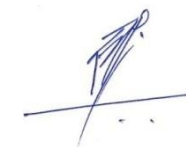
Date/Day	Theory 10.00 AM-11.00 AM	Lecture by	11.00 AM-11.30 AM	Theory 11.30 AM-12.30 PM	Lecture By	12.30 PM - 3.00 PM	Theory 3.00 PM- 4.00 PM	Lecture By
11-10-21 Monday	Introduction to Musculo skeletal anatomy	Ms. Neha Sharma Ahluwalia	B R E A K	Training Aspects	GTMT Expert	L U N C H B R E A K	Recovery Massage & its Types	Mr. Avi Saraswat
12-10-21 Tuesday	Muscles of Neck & Back	Ms. Neha Sharma Ahluwalia		Physiology of Muscle	Exercise Physiologist		Physiological effects of massage	Mr. Md. Bilal
13-10-21 Wednesday	Muscles of upper limb	Ms. Ramya Rao		Fatigue Recovery & Over training	Exercise Physiologist		Indication & Contra indication of massage	Mr. Gourav Ahluwalia
14-10-21 Thursday	Muscles of Lower Limb	Ms. Ramya Rao		Psychological Aids of Recovery	Psychologist		Practical approach to massage	Mr. Ronak Kothari
15-10-21 Friday	Muscles of Respiration & Abdomen	Ms. Shaheen Naz		Nutritional Aids of Recovery	Nutritionist		Post massage Assessment	Mr. Yaswant kumar Kaikey
16-10-21 Saturday	Joints	Ms. Shaheen Naz		Skin Injuries Healing & Hygiene Procedures	Sports medicine Expert		Recording and data management	Mr. Yaswant kumar Kaikey

Week 2 (Offline Practical) Group – 2

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher /Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher /Masseur
08-11-21 Monday	Full Body Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi	L U N C H B R E A K	Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi
09-11-21 Tuesday	Leg Massage	Amarjeet		Leg Massage	Amarjeet
10-11-21 Wednesday	Arm Massage	Chandrej		Arm Massage	Chandrej
11-11-21 Thursday	Abdomen & Chest	Yogender Kumar		Abdomen & Chest	Yogender Kumar
12-11-21 Friday	Head neck & Face Massage	Vineeta Maurya		Head neck & Face Massage	Vineeta Maurya
13-11-21 Saturday	Back & Hip Massage	Pawan Mandal		Back & Hip Massage	Pawan Mandal

Week 3 (Offline Practical) Group – 2

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
15-11-21 Monday	Ayurvedic Massage	Yoginder Kumar	L U N C H B R E A K	Ayurvedic Massage	Yoginder Kumar
16-11-21 Tuesday	Ayurvedic Massage	Yoginder Kumar		Ayurvedic Massage	Yoginder Kumar
17-11-21 Wednesday	Swedish Massage	Pawan Mandal		Swedish Massage	Pawan Mandal
18-11-21 Thursday	Accupressure	Vineeta Maurya		Accupressure	Vineeta Maurya
19-11-21 Friday	Assessment				



DR. I. P Nagi
Deputy Director (Academics)

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Week 1 (Online Theory) Group-3


Date/Day	Theory 10.00 AM-11.00 AM	Lecture by	11.00 AM-11.30 AM	Theory 11.30 AM-12.30 PM	Lecture By	12.30 PM - 3.00 PM	Theory 3.00 PM- 4.00 PM	Lecture By
11-10-21 Monday	Introduction to Musculo skeletal anatomy	Ms. Neha Sharma Ahluwalia	B R E A K	Training Aspects	GTMT Expert	L U N C H B R E A K	Recovery Massage & its Types	Mr. Avi Saraswat
12-10-21 Tuesday	Muscles of Neck & Back	Ms. Neha Sharma Ahluwalia		Physiology of Muscle	Exercise Physiologist		Physiological effects of massage	Mr. Md. Bilal
13-10-21 Wednesday	Muscles of upper limb	Ms. Ramya Rao		Fatigue Recovery & Over training	Exercise Physiologist		Indication & Contra indication of massage	Mr. Gourav Ahluwalia
14-10-21 Thursday	Muscles of Lower Limb	Ms. Ramya Rao		Psychological Aids of Recovery	Psychologist		Practical approach to massage	Mr. Ronak Kothari
15-10-21 Friday	Muscles of Respiration & Abdomen	Ms. Shaheen Naz		Nutritional Aids of Recovery	Nutritionist		Post massage Assessment	Mr. Yaswant kumar Kaikey
16-10-21 Saturday	Joints	Ms. Shaheen Naz		Skin Injuries Healing & Hygiene Procedures	Sports medicine Expert		Recording and data management	Mr. Yaswant kumar Kaikey

Week 2 (Offline Practical)-Group-3

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher /Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher /Masseur
22-11-21 Monday	Full Body Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi	L U N C H B R E A K	Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi
23-11-21 Tuesday	Leg Massage	Amarjeet		Leg Massage	Amarjeet
24-11-21 Wednesday	Arm Massage	Chandrej		Arm Massage	Chandrej
25-11-21 Thursday	Abdomen & Chest	Yogender Kumar		Abdomen & Chest	Yogender Kumar
26-11-21 Friday	Head neck & Face Massage	Vineeta Maurya		Head neck & Face Massage	Vineeta Maurya
27-11-21 Saturday	Back & Hip Massage	Pawan Mandal		Back & Hip Massage	Pawan Mandal

Week 3 (Offline Practical)-Group-3

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
29-11-21 Monday	Ayurvedic Massage	Yoginder Kumar	L U N C H B R E A K	Ayurvedic Massage	Yoginder Kumar
30-11-21 Tuesday	Ayurvedic Massage	Yoginder Kumar		Ayurvedic Massage	Yoginder Kumar
01-12-21 Wednesday	Swedish Massage	Pawan Mandal		Swedish Massage	Pawan Mandal
02-12-21 Thursday	Accupressure	Vineeta Maurya		Accupressure	Vineeta Maurya
03-12-21 Friday	Assessment				



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Deputy Director (Academics)

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3- WEEKS Skill Development Programme in Sports Massage

Week 1 (Online Theory) Group-4

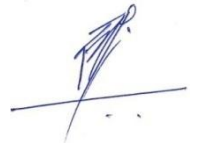
Date/Day	Theory 10.00 AM-11.00 AM	Lecture by	11.00 AM-11.30 AM	Theory 11.30 AM-12.30 PM	Lecture By	12.30 PM - 3.00 PM	Theory 3.00 PM- 4.00 PM	Lecture By
11-10-21 Monday	Introduction to Musculo skeletal anatomy	Ms. Neha Sharma Ahluwalia	B R E A K	Training Aspects	GTMT Expert	L U N C H B R E A K	Recovery Massage & its Types	Mr. Avi Saraswat
12-10-21 Tuesday	Muscles of Neck & Back	Ms. Neha Sharma Ahluwalia		Physiology of Muscle	Exercise Physiologist		Physiological effects of massage	Mr. Md. Bilal
13-10-21 Wednesday	Muscles of upper limb	Ms. Ramya Rao		Fatigue Recovery & Over training	Exercise Physiologist		Indication & Contra indication of massage	Mr. Gourav Ahluwalia
14-10-21 Thursday	Muscles of Lower Limb	Ms. Ramya Rao		Psychological Aids of Recovery	Psychologist		Practical approach to massage	Mr. Ronak Kothari
15-10-21 Friday	Muscles of Respiration & Abdomen	Ms. Shaheen Naz		Nutritional Aids of Recovery	Nutritionist		Post massage Assessment	Mr. Yaswant kumar Kaikey
16-10-21 Saturday	Joints	Ms. Shaheen Naz		Skin Injuries Healing & Hygiene Procedures	Sports medicine Expert		Recording and data management	Mr. Yaswant kumar Kaikey

Week 2 (Offline Practical)-Group-4

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
06-12-21 Monday	Full Body Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi	L U N C H B R E A K	Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi
07-12-21 Tuesday	Leg Massage	Amarjeet		Leg Massage	Amarjeet
08-12-21 Wednesday	Arm Massage	Chandrej		Arm Massage	Chandrej
09-12-21 Thursday	Abdomen & Chest	Yogender Kumar		Abdomen & Chest	Yogender Kumar
10-12-21 Friday	Head neck & Face Massage	Vineeta Maurya		Head neck & Face Massage	Vineeta Maurya
11-12-21 Saturday	Back & Hip Massage	Pawan Mandal		Back & Hip Massage	Pawan Mandal

Week 3 (Offline Practical)-Group-4

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
13-12-21 Monday	Ayurvedic Massage	Yoginder Kumar	L U N C H B R E A K	Ayurvedic Massage	Yoginder Kumar
14-12-21 Tuesday	Ayurvedic Massage	Yoginder Kumar		Ayurvedic Massage	Yoginder Kumar
15-12-21 Wednesday	Swedish Massage	Pawan Mandal		Swedish Massage	Pawan Mandal
16-12-21 Thursday	Accupressure	Vineeta Maurya		Accupressure	Vineeta Maurya
17-12-21 Friday	Assessment				



DR. I. P Nagi
Deputy Director (Academics)

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA
3- WEEKS Skill Development Programme in Sports Massage

Week 1 (Online Theory) Group-5

Date/Day	Theory 10.00 AM-11.00 AM	Lecture by	11.00 AM-11.30 AM	Theory 11.30 AM-12.30 PM	Lecture By	12.30 PM - 3.00 PM	Theory 3.00 PM- 4.00 PM	Lecture By
11-10-21 Monday	Introduction to Musculo skeletal anatomy	Ms. Neha Sharma Ahluwalia	B R E A K	Training Aspects	GTMT Expert	L U N C H B R E A K	Recovery Massage & its Types	Mr. Avi Saraswat
12-10-21 Tuesday	Muscles of Neck & Back	Ms. Neha Sharma Ahluwalia		Physiology of Muscle	Exercise Physiologist		Physiological effects of massage	Mr. Md. Bilal
13-10-21 Wednesday	Muscles of upper limb	Ms. Ramya Rao		Fatigue Recovery & Over training	Exercise Physiologist		Indication & Contra indication of massage	Mr. Gourav Ahluwalia
14-10-21 Thursday	Muscles of Lower Limb	Ms. Ramya Rao		Psychological Aids of Recovery	Psychologist		Practical approach to massage	Mr. Ronak Kothari
15-10-21 Friday	Muscles of Respiration & Abdomen	Ms. Shaheen Naz		Nutritional Aids of Recovery	Nutritionist		Post massage Assessment	Mr. Yaswant kumar Kaikey
16-10-21 Saturday	Joints	Ms. Shaheen Naz		Skin Injuries Healing & Hygiene Procedures	Sports medicine Expert		Recording and data management	Mr. Yaswant kumar Kaikey

Week 2 (Offline Practical)-Group-5

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
20-12-21 Monday	Full Body Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi	L U N C H B R E A K	Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi
21-12-21 Tuesday	Leg Massage	Amarjeet		Leg Massage	Amarjeet
22-12-21 Wednesday	Arm Massage	Chandrej		Arm Massage	Chandrej
23-12-21 Thursday	Abdomen & Chest	Yogender Kumar		Abdomen & Chest	Yogender Kumar
24-12-21 Friday	Head neck & Face Massage	Vineeta Maurya		Head neck & Face Massage	Vineeta Maurya
25-12-21 Saturday	Back & Hip Massage	Pawan Mandal		Back & Hip Massage	Pawan Mandal

Week 3 (Offline Practical)-Group-5

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
27-12-21 Monday	Ayurvedic Massage	Yoginder Kumar	L U N C H B R E A K	Ayurvedic Massage	Yoginder Kumar
28-12-21 Tuesday	Ayurvedic Massage	Yoginder Kumar		Ayurvedic Massage	Yoginder Kumar
29-12-21 Wednesday	Swedish Massage	Pawan Mandal		Swedish Massage	Pawan Mandal
30-12-21 Thursday	Accupressure	Vineeta Maurya		Accupressure	Vineeta Maurya
31-12-21 Friday	Assessment				



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SPORTS AUTHORITY OF INDIA
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3- WEEKS Skill Development Programme in Sports Massage

Week 1 (Online Theory) Group-6

Date/Day	Theory 10.00 AM-11.00 AM	Lecture by	11.00 AM-11.30 AM	Theory 11.30 AM-12.30 PM	Lecture By	12.30 PM - 3.00 PM	Theory 3.00 PM- 4.00 PM	Lecture By
11-10-21 Monday	Introduction to Musculo skeletal anatomy	Ms. Neha Sharma Ahluwalia	B R E A K	Training Aspects	GTMT Expert	L U N C H B R E A K	Recovery Massage & its Types	Mr. Avi Saraswat
12-10-21 Tuesday	Muscles of Neck & Back	Ms. Neha Sharma Ahluwalia		Physiology of Muscle	Exercise Physiologist		Physiological effects of massage	Mr. Md. Bilal
13-10-21 Wednesday	Muscles of upper limb	Ms. Ramya Rao		Fatigue Recovery & Over training	Exercise Physiologist		Indication & Contra indication of massage	Mr. Gourav Ahluwalia
14-10-21 Thursday	Muscles of Lower Limb	Ms. Ramya Rao		Psychological Aids of Recovery	Psychologist		Practical approach to massage	Mr. Ronak Kothari
15-10-21 Friday	Muscles of Respiration & Abdomen	Ms. Shaheen Naz		Nutritional Aids of Recovery	Nutritionist		Post massage Assessment	Mr. Yaswant kumar Kaikey
16-10-21 Saturday	Joints	Ms. Shaheen Naz		Skin Injuries Healing & Hygiene Procedures	Sports medicine Expert		Recording and data management	Mr. Yaswant kumar Kaikey

Week 2 (Offline Practical)-Group-6

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
03-01-21 Monday	Full Body Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi	L U N C H B R E A K	Sports Massage Techniques Demo & Practical	S. Gowthami Sai Lakshmi
04-01-21 Tuesday	Leg Massage	Amarjeet		Leg Massage	Amarjeet
05-01-21 Wednesday	Arm Massage	Chandrej		Arm Massage	Chandrej
06-01-21 Thursday	Abdomen & Chest	Yogender Kumar		Abdomen & Chest	Yogender Kumar
07-01-21 Friday	Head neck & Face Massage	Vineeta Maurya		Head neck & Face Massage	Vineeta Maurya
08-01-21 Saturday	Back & Hip Massage	Pawan Mandal		Back & Hip Massage	Pawan Mandal

Week 3 (Offline Practical)-Group-6

Date/Day	Moring Practical 10.00 AM -12.00 AM	Name of Teacher/Masseur	12.00PM TO 4.00PM	Evening Practical 4.00 PM – 6.00 PM	Name of Teacher/Masseur
10-01-21 Monday	Ayurvedic Massage	Yoginder Kumar	L U N C H B R E A K	Ayurvedic Massage	Yoginder Kumar
11-01-21 Tuesday	Ayurvedic Massage	Yoginder Kumar		Ayurvedic Massage	Yoginder Kumar
12-01-21 Wednesday	Swedish Massage	Pawan Mandal		Swedish Massage	Pawan Mandal
13-01-21 Thursday	Accupressure	Vineeta Maurya		Accupressure	Vineeta Maurya
14-01-21 Friday	Assessment				



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