

Date: 04.07.2025

**JOINING INSTRUCTIONS FOR PROVISIONALLY SELECTED CANDIDATES
OF POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING 2025-26**

Reserve List-01

List of provisionally selected candidate for the admission to One Year Post Graduate Diploma in Strength and Conditioning for Academic session 2025-26 is enclosed at Annexure "A. The semester wise schedule is enclosed as Annexure B and fee structure is enclosed as Annexure C.

The provisionally selected candidates are advised to read the following instructions carefully and act accordingly.

A. The fee payment details are as follows:

- I. Those who are provisionally selected have to pay the seat blocking amount (first instalment) through the link: <https://www.ssc.nsnis.in/manager/pub/paymentoptionsubi>
- II. Seat blocking amount (First instalment): Rs. 50,000/- (Fifty thousand Non-Refundable)
- III. Online fee payment open: 04 July, 2025 05:00 p.m.
- IV. Last date for online fee payment: 06 July, 2025 11:00 p.m.

Note: if the provisional selected candidate does not submit the seat blocking amount (first instalment) before the deadline, reserve candidates (serial wise) will be called for admission.

B. The remaining fee shall be paid in two installments:

Second Installment - Rs.47,500/- in November 2025.

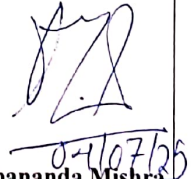
Third Installment - Rs.47,500/- in March 2026.

C. All the provisionally selected candidates who paid the first instalment fee are required to bring their original documents of education qualifications (starting from class 10th), migration from last attended University, 02 passport size photograph, NOC from their respective organization (if employee) and self-attested photocopy of application form and all education document at the time of reporting.

D. If any candidate fails to fulfil the eligibility criteria or in case certificates of any candidate in merit list are found fake or forged his/her admission will be summarily rejected even after the start of the course, towards the completion of the course or even after the completion of the course.

E. Personal cars/four wheelers are not permitted in the campus.

F. Use of banned drugs and consumption of alcoholic drinks and smoking and chewing of tobacco is strictly prohibited in the campus, any candidate found guilty strict action will be taken against him/her.



Sibananda Mishra
Deputy Director (Academics)
SAI NSNIS, Patiala
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SPORTS AUTHORITY OF INDIA
एनएस एनआईएस पटियाला
NS NIS Patiala.

List of provisionally selected candidates of 3rd Post Graduate Diploma in Strength and Conditioning 2025-26

S.N.	APPLICATION NO	STUDENT NAME	FATHER NAME
1	SAISSC2025-606	AMIT ANTTAL	RULDA SINGH
2	SAISSC2025-680	KOUSHIKEN K	KUPPAN R
3	SAISSC2025-651	SAHIL	SHYAM LAL
4	SAISSC2025-30	VIKAS PANGHAL	RAMBIR SINGH
5	SAISSC2025-847	SAHIL KAUSHIK	VIPEN KUMAR KAUSHIK
6	SAISSC2025-703	SATHIYARAJ G	GANESAN M
7	SAISSC2025-785	AVINASH KUMAR	SUNIL KUMAR BAGESH
8	SAISSC2025-792	ANKIT	PREM DAS
9	SAISSC2025-778	BALARAM NAYAK	CHIRANJIBI NAYAK
10	SAISSC2025-590	ANIL	RAJ SINGH

PG DIPLOMA IN STRENGTH AND CONDITIONING (2025-26)

S. No.	Schedule	Date	Time
1	Online Classes will commence from	10-07- 2025	Scheduled will be shared separately
2	Reporting and Document Verification at SAI Netaji Subhas National Institute of Sports, Old Moti Bagh Palace, Patiala-147001 (Punjab)	14-07-2025	10:00 AM
3	Introduction with faculty and orientation to the Academic Centre	14-07-2025	12:00 noon onwards
4	Start of Block Teaching-I (Physical Classes)	14-30th July, 2025 (15 days International faculty)	10:00 AM onwards

Semester I: July end to November end 2025

Classes	Days
Online Classes	Every Thursday, Friday 10:30 Am -12:30 Noon and 4:30-6:30 PM Saturday : 10:30 Am -12:30 Noon
Block Teaching I (Physical Classes)	14-30th July, 2025 (15 days International faculty)
Block Teaching II (Physical Classes)	15-26 September, 2025 (10-11 days National , Sai Faculty)
Semester Examination: Theory and Practical (Physical)	November 3rd Week Onwards (As per Punjabi University Schedule)

Semester II: January to April end 2026

Classes	Days
Online Classes	Every Thursday, Friday 10:30 Am -12:30 Noon and 4:30-6:30 PM Saturday : 10:30 Am -12:30 Noon
Internship	Between 1st April to 30th April 2026 (Candidate need to complete 30 days between this period)
Block Teaching I (Physical Classes)	2 March to 18th March, 2026
Semester Examination: Theory and Practical (Physical)	May 2nd Week Onwards (As per Punjabi University Schedule)

1. FEES BIFURCATION:**A. POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING**

S r. No.	Fee Bifurcation	Amount (Rs)
1	Registration Fees	3575.00
2	Examination Fees (Semester I)	3040.00
3	Examination Fees (Semester II)	3040.00
	Total	9655.00
Semester I		
4	Course Fees (semester I)	51845.00
5	Uniform (Blazer Tie)	2500.00
6	Establishment/ Academic Charges	5000.00
7	Lab Charges	5000.00
8	Syllabus	1000.00
9	Security Deposit (Refundable)	1000.00
10	Scientific Journal and Library Fees	1000.00
11	Medical assistance for Minor Ailments	500.00
	Total	67845.00
Semester II		
12	Course Fees (semester II)	67,500.00
	Fees to be Submitted at NSNIS, Patiala	1,45,000.00

*(Additionally, convenience fee for online transaction as applicable will be levied by the payment gateway)

1st installment: Rs. 50,000/- to be paid in JuLy,2025

2nd installment: Rs. 47,500/- to be paid in November,2025

3rd installment: Rs. 47,500/- to be paid in March,2026