

Date: 23.07.2026

**JOINING INSTRUCTIONS FOR PROVISIONALLY SELECTED CANDIDATES
OF POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING 2026-27
Reserve List-02**

List of provisionally selected candidates for admission to One Year Post Graduate Diploma in Strength and Conditioning for the academic session 2026-27 is enclosed at Annexure "A. The semester-wise schedule is enclosed as Annexure B, and the 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. The provisionally selected candidates have to pay the first instalment through the link: <https://www.ssc26.nsnis.in/manager/pub/paymentoptionsubi>
- II. First Instalment: Rs. 50,000/- (Fifty thousand Non-Refundable)
- III. Online fee payment open: 23 July, 2026 11:00 a.m.
- IV. Last date for online fee payment: 25 July, 2026 11:00 p.m.

Note: If the provisionally selected candidates do not submit the first instalment before the deadline, reserve candidates (serial-wise) will be called for admission.

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

Second Installment - Rs.47,500/- in November 2026.

Third Installment - Rs.47,500/- in March 2027.

C. All the provisionally selected candidates who have paid the first instalment fee are required to bring their original documents mentioned below while reporting on 17th August 2026:

- Original Class 10 Certificate/Mark Sheet.
- Original Class 12 Certificate/Mark Sheet.
- Original Graduation Degree Certificate/ Provisional Degree Certificate (as applicable)
- Migration Certificate from the last attended University/Institution.
- Two recent passport-size photographs.
- No Objection Certificate (NOC) from the respective organisation (applicable to employed candidates only).
- Self-attested photocopy of the Application Form.
- Self-attested photocopies of all educational qualification documents.

D. If any candidate fails to fulfil the eligibility criteria or in case certificates of any candidate in the 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.



Sudheer Kumar Reddy
Deputy Director (Acad.)
SAI NS NIS Patiala

**List of Candidates in the Reserve Merit List of
4th Post Graduate Diploma in Strength and Conditioning 2026-27**

<u>S.N.</u>	<u>APP NO</u>	<u>Student Name</u>	<u>Father Name</u>
1.	SAISSC2026-347	AMISHA KALE	ROOPKUMAR KALE
2.	SAISSC2026-607	NITHISH KUMAR M	MADHAVAN V
3.	SAISSC2026-69	ROHIT BENIWAL	D V BENIWAL
4.	SAISSC2026-224	SAGAR SWAMI	RAKESH SWAMI
5.	SAISSC2026-37	GAURAV KUMAR	VINOD CHAUDHARY
6.	SAISSC2026-625	SHRI BHAGWAN	MANGAT RAM



POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING (2026-27)

S. No.	Schedule	Date	Time
1	Online Classes will commence from	06-08-2026	Schedule will be shared separately
2	Document Verification at SAI Netaji Subhas National Institute of Sports, Old Moti Bagh Palace, Patiala-147001 (Punjab)	17-08-2026	10:00 AM onwards
3	Introduction with faculty and orientation to the Academic Centre/ and	17-08-2026	12:00 Noon onwards
4	Start of Block Teaching-I (Offline Classes)	17 Aug -2nd Sept, 2026 (15 days International faculty)	10:00 AM onwards

Semester I: August to November 2026

Classes	Days
Online Classes	Every Thursday, Friday 10:00 AM -12:00 Noon and 4:00-6:00 PM Saturday: 10:00 AM- 12:00 Noon
Block Teaching I (Offline Classes)	17 Aug -2nd Sept, 2026 (15 days International Faculty)
Block Teaching II (Physical Classes)	5-16 October, 2026 (10-11 days National, SAI Faculty)
Semester Examination: Theory and Practical (Offline)	December 1st Week Onwards (As per Punjabi University Schedule)

Semester II: January to April end 2027

Classes	Days
Online Classes	3rd Week of January (After the first semester Exams) Every Thursday, Friday 10:00 Am -12:00 Noon and 4:00-6:00 PM Saturday: 10:00 Am -12:00 Noon
Block Teaching I (Offline Classes)	February, 2027 (Dates & Schedule will be shared)
Internship	Between March & April 2027 (Candidate needs to complete 30 days between this period)
Semester Examination: Theory and Practical (Offline)	May 2027, 2nd Week Onwards (As per Punjabi University Schedule)

FEE STRUCTURE FOR ONE YEAR POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING (2026-27)

Sr. No.	Fee Bifurcation	Amount (Rs)
1	Registration & Examination Fees (Semester I & II)	9655.00
Semester I		
2	Course Fees (Semester I)	51845.00
3	Uniform (Blazer Tie)	2500.00
4	Establishment/ Academic Charges	5000.00
5	Lab Charges	5000.00
6	Syllabus	1000.00
7	Security Deposit (Refundable)	1000.00
8	Scientific Journal and Library Fees	1000.00
9	Medical assistance for Minor Ailments	500.00
	Total	67845.00
Semester II		
10	Course Fees (semester II)	67,500.00
	TOTAL FEES	1,45,000.00

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