



लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान ग्वालियर

विश्वविद्यालय मानी गयी संस्था

(विश्वविद्यालय अनुदान आयोग अधिनियम 1956 की धारा 3 के अन्तर्गत भारत सरकार, मानव संसाधन विकास मंत्रालय द्वारा अधिसूचना क्रमांक एफ.9-14/92-यू.3 दिनांक 21.09.1995 घोषित)

भारत सरकार, युवा कार्यक्रम और खेल मंत्रालय

Lakshmibai National Institute of Physical Education, Gwalior

Deemed to be University

(Declared vide Government of India, Ministry of Human Resource Development Notification No.F.9-14/92-U.3 dated 21.09.1995 under section 3 of UGC Act, 1956)

Government of India, Ministry of Youth Affairs and Sports

क्रमांक: सूडमित 308/2023/2022

दिनांक: 05/12/25

सेवा में,

गवर्नेस-I अुनभाग,

खेल विभाग, युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार,

नई -110003

विषय:- लोक सभा प्रश्न क्रमांक 1295 दिनांक 08.12.2025 बावत।

संदर्भ:- आपका ई-मेल दिनांक 05.12.2025

महोदय,

उपरोक्त विषयान्तर्गत संदर्भित ई-मेल के अन्तर्गत वांछित जानकारी निम्नानुसार है:-

क्र.	वांछित जानकारी	संस्थान द्वारा प्रदत्त जानकारी
(a)	Whether The Government is addressing the issue of factionalism and lack of professionalism within National Sports Federations, if so, the details thereof;	वांछित जानकारी संस्थान से संबंधित नहीं होने से निरंक है।
(b)	The details of the efforts being made by the Government to identify and nurture sports talent at the grassroots levels, particularly in rural and tribal areas;	वांछित जानकारी संस्थान से संबंधित नहीं होने से निरंक है।
(c)	The manner in which the Government is promoting Public -Private Partnerships in the sports sectors;	वांछित जानकारी संस्थान से संबंधित नहीं होने से निरंक है।
(d)	Whether it is a fact that the retired sportspersons face difficulties in receiving welfare and pension benefits after their retirement and the steps taken by the Government to ensure timely disbursement of life time pension benefits along with the details of the measures to integrate retired athletes as coaches and mentors in the sports ecosystem, and	वांछित जानकारी संस्थान से संबंधित नहीं होने से निरंक है।
(e)	The details of the progress made under the Retired Sportsperson Empowered Training (RESET) Programme and the manner in which the programme is helping retired athletes transition to new careers?	1. All the Successful candidates of the RESET programme are being offered jobs through MYAS 2. The reports of RESET programme is enclosed a Annexure- A for kind information.

भवदीय,

यत्तन्द्र कुमार सिंह
(डॉ. यत्तन्द्र कुमार सिंह)

कुलसचिव प्रभारी

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सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS &
SPORTS

Government of India



REPORT

ON

RESET - A Pilot Project

(From 04.10.2024 to 07.12.2024)

Conducted by

**LAKSHMIBAI NATIONAL INSTITUTE OF
PHYSICAL EDUCATION, GWALIOR**

Under the aegis of

**DEPARTMENT OF SPORTS,
MINISTRY OF YOUTH AFFAIRS & SPORTS
(Government of India)**



A - 1500000




REtired Sportsperson Empowerment (RESET) Scheme

Reinventing Success one step at a time

CERTIFICATE PROGRAM

पूर्व खिलाड़ी सशक्तिकरण योजना

संभावनाओं को नये अवसरों में बदलना

प्रमाण-पत्र पाठ्यक्रम

INDEX

S.No.	Content	Page No.
1.	Background of RESET	5
2.	Rationale of Scheme	5
3.	Program Approval by MYAS	11
4.	Approval of Budget	11
5.	Formation of High-Level Committee, Executive Committee, Program Planning Committee by MYAS.	11
6.	Development of Portal ICT, LNIPE in collaboration with SAMARTH	12
7.	Development of LMS by ICT, LNIPE in collaboration with SAMARTH	12
8.	Program Development by LNIPE, Gwalior	12
9.	Analysis of Demand, Job Description & Salary of the proposed Programs	12
10.	Program Approval by Academic Council of LNIPE	15
11.	Course Content Development by Experts from LNIPE, Gwalior & Guwahati.	15
12.	Development of e-content- <ul style="list-style-type: none">• LNIPE invited bids through GeM on 17.7.2024 for selecting agency for preparing video content for the offered 04 courses.• Bids were opened on 16.8.2024.• Work was assigned to M/s. ABSE, New Delhi for development of e-contents (Videos).	16
13.	Launch of Programs	16
14.	The Deekshaarambh Ceremony	17
15.	Conduct of Classes and Internship	18
16.	The Deekshant (Certificate Distribution) Ceremony	19
17.	Conclusions & Recommendations	21

LIST OF DOCUMENTS

Annexure	Content	Page No.
1	Copy of the Launch of RESET Programme.	22-23
2(a)	Copy of the approved seed amount.	24-30
2(b)	Copy of the budget.	31
3(a)	Copy of the High-Level Committee.	32-33
3(b)	Copy of the Executive Committee.	34-35
3(c)	Copy of the Course Planning Committee.	36-37
4	Copy of the Minutes of the Academic Council.	38-41
5(a)-(d)	Copies of the E-Contents Developed by Experts from LNIPE Gwalior & Guwahati.	42-45
6(a)-(f)	Copies of the E-Contents Developed by M/s Ashish Bhardwaj Sports & Education Pvt. Ltd. New Delhi	46-52
7(a)-(c)	Copies of the Time Table.	53-55

RESET- Pilot Project

1. BACKGROUND OF RESET

It was a known fact that most of the sportspersons, who aspired to participate in major international sports events and win medals, devoted their time almost entirely to training and participation in competitions during their active sports career. As a result of this, they tended to lag behind in academics and missed opportunities that would prepare them for an alternate career option. Due to this, once their active sports career was over, they struggled to find good employment opportunities within and outside the field of sports.

Through the “Retired Sportsperson Empowerment Training” (RESET) Programme of the Ministry, it was envisaged to support retired athletes on their career development journey, making them more employable and bridging the skill gap that existed in the sports ecosystem. Through the program, retired sportspersons were empowered with the necessary knowledge and skills for their transition into a suitable career option.

Major strides had been made in the country in the sporting sector in the last decade. As more and more opportunities came for Indian sports to excel, including the proposed hosting of Summer Olympics 2036 and Youth Olympics 2030, there was a need to create more and more skilled manpower to meet the human resource requirements. The existing pool of retired athletes, with its diverse profiles, could contribute to the required capacity of the sports sector if their skills and educational qualifications were augmented.

2. RATIONALE OF SCHEME

VISION

- Transformed retired sportspersons into second-career/second-inning professionals.
- Created Human Capital for the Sports-Ecosystem in the country.

MISSION

Empowered retired sportspersons through an up-skill program that aimed at Education, Life Skills, and Employment.

MISSION STATEMENT

- The top athletes were role models and idols for their fans, but after the inevitable retirement, many of them ended up in financial and social struggles.
- There also existed a skill gap in the sports industry where various stakeholders were not able to find manpower with a suitable skill set to work on various sports development activities.
- With India being on the rise in Sport and intending to host the 2036 Olympics, it was the right time to utilize the knowledge and experience of these retired sportspersons to contribute towards the upliftment of Indian Sport.

- In that regard, Ministry of Youth Affairs & Sports, Government of India has launched RESET (Scheme for Retired Sportspersons) to help them plan their career path and navigate towards success.

OBJECTIVES OF THE SCHEME

- Skilled and up-skilled retired sportspersons to enable them to actively participate in India's journey towards sporting excellence and in making sports a mass movement across the country (urban and rural).
- Utilized the skills they had gained from sport to help transition smoothly into a new career to cope better in terms of finances, psychological, and social support.
- Offered tailored advice, workshops, learning tools, and resources.
- Empowered them to explore the importance of pursuing education and preparing for the labour market in order to stride more confidently into a dual and post-sports career, through:
 - ✓ Career planning and guidance
 - ✓ Skills building
 - ✓ Employment support
 - ✓ Networking opportunities

STRATEGIES: Explore & Connect; Prepare; Learn.

Strategies	Objectives	Action Plan
Explore & Connect	<ul style="list-style-type: none"> • Conducted assessments to understand their options. • Evaluated their professional strengths. • Identified their skills and interests to make decisions about their career path through the creation and sharing of robust profiles. 	Development of Dedicated Portal
Prepare	<ul style="list-style-type: none"> • Utilized a variety of tools and resources to elevate their personal brand. • Provided them with competitive skills to get started on their journey. 	Educational/Up-skill Program: <ul style="list-style-type: none"> • Covered areas of learning, including General Management, Sports, and Vocational training. • Framed the curriculum and developed content. • Developed tools and resources. • Delivered the program in a hybrid mode, starting online and followed by in-class sessions.
Learn	Helped them choose their career path or develop professionally.	Placement Support

1. Development of Dedicated Portal:

For the effective management of the scheme (Retired Sportspersons), the Ministry of Youth Affairs & Sports developed a dedicated portal that acted as a repository of the details of the enrolled retired sportspersons and also served as a one-stop shop for their skill development and placement support. The portal served potential employers in finding the correct and need-based candidates for various jobs.

All interested retired sportspersons were asked to register on the portal, after which they were given a unique ID. The portal also had provisions for the sportspersons to build their profiles by updating their skill sets, experience, certifications, etc. The data uploaded on the portal reflected on the National Sports Repository System (NSRS) Portal, which was under development in SAI. For the 1st phase of implementation, 10,000 registrations were targeted on the portal.

2. Educational/Up-skill Program:

These programs were split into two broad subheadings:

- **Sporting Skills:** Where they continued to be involved in sport.
- **Vocational Skills:** This helped them to work in the sports industry.
 - i. **Areas of Learning (Professional & Vocational):** An analysis of the market/industry was carried out to understand the actual need and potential of the industry to strengthen employability, and accordingly, the relevant curriculum was framed and content developed.
 - ii. **Framing of Curriculum & Content Development:** Tailored Need-Based Curriculum (TNBC) was framed for various sub-domains of sports involving suitable experts. The Educational Institutions under MYAS were responsible for the development of quality content in various languages.
 - iii. **Tools & Resources:** Knowledge and skills were necessary for athletes to be competitive in the fast-moving and resourceful society. Hence, a Life Skills Training Program was provided to create opportunities to support and enhance athletes' competitiveness for their next career goal. For this purpose, the Government employed top experts from the sports industry, such as Founders, Co-founders, CEOs, Entrepreneurs, Faculty Members, High-Quality Coaches, and support staff across various sports, to utilize their knowledge to help up-skill coaches across the remotest corners of India.
 - iv. **Mode of Program:** Hybrid Mode was utilized.
 - a. **Online Program:** It included webinars and online workshops conducted by experts in their respective fields; these were also recorded for coaches and trainers to access. This content was made available in local languages via dubbing or subtitles.
 - b. **On-Campus Program:** The content delivery of on-site classes was organized in batches at the following centers:
 - ✓ Campuses of MYAS Educational Institutions (NSU, LNIPE, NS-NIS, LNCPE)
 - ✓ SAI NCoEs (21 Centers)
 - ✓ Khelo India State Centers of Excellence (36, one in each State/UT)

• **Proposed Programs for Leveraging Retired Athletes for Societal Benefit**

It was proposed to offer following programs to cater the needs of two different categories/levels (A) 12th and above; and (B) 11th and below

(A) LEVEL: 12th and above

S.No.	Name of Program	Duration of Program
(i)	Certificate Program for Strength & Conditioning Trainer	45 days
(ii)	Certificate Program for Sports Nutritionists	45 days
(iii)	Certificate Program for Sports Event Management	45 days
(iv)	Certificate Program for Corporate Wellness Trainer	45 days
(v)	Certificate Program for Sports Masseur	30 days
(vi)	Certificate Program for Sports Entrepreneur	30 days
(vii)	Certificate Program for Store Manager	30 days
(viii)	Certificate Program for Fitness Centre Manager	30 days

(B) LEVEL: 11th and below

S.No.	Name of Program	Duration of Program
(i)	Certificate Program for Physical Education Trainer	45 days
(ii)	Certificate Program for Fitness Trainer	45 days
(iii)	Certificate Program for Yoga Trainer	45 days
(iv)	Certificate Program for Venue Supervisor	45 days
(v)	Certificate Program for Self-Defence Trainer	30 days
(vi)	Certificate Program for Community Sports Trainer	30 days
(vii)	Certificate Program for Camping & Trekking Guide	30 days
(viii)	Certificate Program for Facility Caretaker	30 days

3. Recognized Awarding Body:

Institutions under the Department of Sports, MYAS, Govt. of India were recognized as awarding bodies for the courses offered in the field of Sports. The National Council for Vocational Education and Training (NCVET) gave recognition and monitored Awarding Bodies (ABs), Assessment Agencies (AAs), approved qualifications as per the NSQF (National Skills Qualification Framework), and conducted the monitoring, evaluation, and supervision of recognized entities.

4. Recognized Assessment Agency:

Institutions under the Department of Sports, MYAS, Govt. of India entered into an agreement for the grant of recognition with NCVET as per the provisions contained therein, and were permitted to test or conduct examinations/assessments to assess whether a trainee/student/learner had attained the required competencies/learning outcomes with respect to an approved skill or qualification by a recognized awarding body.

5. Placement Support:

Once the candidates successfully completed the program, they were certified, and the Educational Institutions under MYAS supported the graduates from these programs for placement. For this purpose, career support activities were conducted, which included workshops, mentoring, career consultation, career talks, job matching, internship programs, learning partner schemes, and job hubs to assist athletes in planning for their future career paths.

ORDINANCE FOR CERTIFICATE PROGRAMS

REGULATIONS FOR ADMISSION, EVALUATION AND AWARD

PREAMBLE:

This 30/45 days certificate program was meant for preparing professionals in the relevant area to cater to the growing demand for skilled and trained persons in this profession. The program was developed and prepared to integrate the study of the area into the Ecosystem of the Sports Industry.

1. Aim & Objectives:

To ensure the command of requisite and creative strategies to explore sports education as one of the focused dimensions pertaining to novel endeavors and avenues in the field of the Sports Industry.

The foremost focus of the program was to impart conceptual, operational, and directional skills in the process of sports education.

2. Program Outcomes:

- The students were equipped with the knowledge of the relevant area(s).
- The students were able to up-skill their experiences and skills.
- The students were able to create a career path.

3. Eligibility Criteria:

For this scheme, the following eligibility criteria were adopted:

- Athletes with extraordinary talent who had demonstrated the highest levels of commitment, passion, integrity, and ethics to achieve success.
- The sportsperson should have retired at least one year before registering for the program.
- Athletes who wished to make a transition from sports to the corporate world.
- An Indian athlete who had competed in any Olympic/Paralympic/any other sports, and met the following criteria:
 - ✓ Age 20 to 50 years.
 - ✓ Proof of participation at the state/national/international level in their particular sport.

4. Selection Process:

- The interested athletes needed to apply through the portal of MYAS.
- He/she would opt for one course of his/her choice from the offered programs, subject to the fulfillment of eligibility criteria.

5. Duration:

The Certificate Program in Sports Management was of a duration of three months.

6. Intake & Fees:

A maximum of 50 students could register for a program. No fee was charged.

7. Mode of Instruction:

Classes were conducted in Hybrid mode/blended mode, i.e., Online and on-campus.

8. Medium of Instruction:

The medium of instruction for the program was English & Hindi.

9. Program & Course:

The term 'program' referred to as Certificate in Sports Management, and the term 'course' referred to the subjects that were included in the program.

10. Teaching Faculty:

To complete the target hours and all the courses, teaching faculty from institutions under the Department of Sports and experts from the industry were involved in teaching on a payment basis.

11. Credits:

The term 'credit' referred to a unit by which the program was measured. It determined the number of hours of instruction required per week. It further referred to the weight given to a course, usually in relation to the instructional hours assigned to it.

12. Evaluation:

The performance of students in each course was evaluated in theory and practical. The total marks for each course were 100 marks. Evaluation for each course was done as follows:

(A) **Theory:** Maximum marks for theory were 100 marks. The duration of the theory examination was 02 hours.

(B) **Practical:** The practical examination was of 100 marks.

Letter Grade	Grade Points	Description	Range of Marks (%)
O	10	Outstanding	90-100
A+	9	Excellent	80-89
A	8	Very Good	70-79
B+	7	Good	60-69
B	6	Above Average	50-59
C	5	Average	40-49
P	4	Pass	34-39
F	0	Fail	0-33
Ab	0	Absent	Absent

13. Pattern of question paper:

Each course had four units/modules of theory. There were two long questions from each unit. The students had to attempt one question from each unit.

14. Minimum Passing Standard:

The minimum passing percentage for the examination was 35%.

15. Award of Certificate:

The candidate was eligible for the award of the certificate in the selected program only when they obtained the minimum passing marks in the program and earned the prescribed credit of the program.

3. PROGRAM APPROVAL BY MYAS

Department of Sports, Ministry of Youth Affairs & Sports, Government of India vide letter No. 8-23/2024-SP-III dated 29.07.2024 approved the launch of RESET program for empowering the retired sportspersons for their career perspective.

Copy of the Launch of RESET Programme is annexed hereto and marked as Annexure-1.

4. APPROVAL OF BUDGET

Department of Sports, Ministry of Youth Affairs & Sports, Government of India vide letter No. 8-23/2024-SP-III dated 29.07.2024 approved seed amount of Rs. 2.00 crore under Human Resource Development in Sports (HRDS).

Copy of the approved seed amount is annexed hereto and marked as Annexure-2(a).

LNIFE proposed a budget of Rs. 90.00 Lakhs for the pilot project of RESET program which was approved by the competent authority of MYAS.

Copy of the budget is annexed hereto and marked as Annexure-2(b).

5. FORMATION OF HIGH-LEVEL COMMITTEE, EXECUTIVE COMMITTEE, PROGRAM PLANNING COMMITTEE BY MYAS

- A. **High-Level Committee:** A High-Level Committee (HLC) was constituted under the Chairmanship of Hon'ble Minister of Youth Affairs & Sports. The HLC was responsible for policy-level interventions and overall monitoring of the programme.

Copy of the High-Level Committee is annexed hereto and marked as Annexure-3(a).

- B. **Executive Committee:** An Executive Committee was set up under the chairpersonship of Secretary (Sports) for the effective implementation of the programme.

Copy of the Executive Committee is annexed hereto and marked as Annexure-3(b).

Note: Any experts may be co-opted in the Committee with the approval of Secretary (Sports). Composition of Executive Committee may be revised with the approval of Secretary (Sports).

- C. Course Planning Committee was set up to consult with NSFs, industry bodies, sports organizations, retired sportspersons, etc. to understand the market needs for various courses/programs and to plan for the certification programmes.

Copy of the Course Planning Committee is annexed hereto and marked as Annexure-3(c).

6. DEVELOPMENT OF PORTAL ICT, LNIPE IN COLLABORATION WITH SAMARTH

Portal of RESET was developed by LNIPE in collaboration with SAMARTH.

7. DEVELOPMENT OF LMS BY ICT, LNIPE IN COLLABORATION WITH SAMARTH

Portal of RESET was developed by LNIPE in collaboration with SAMARTH.

8. PROGRAM DEVELOPMENT BY LNIPE, GWALIOR

The proposed 04 programs were developed by the experts of LNIPE, Gwalior & Guwahati.

9. ANALYSIS OF DEMAND, JOB DESCRIPTION & SALARY OF THE PROPOSED PROGRAMS

Name Of Program	Scope/Demand	Job Description	Annual Salary	Source/References
Strength And Conditioning Trainer	There is a sharp increase in the demand for Strength and Conditioning trainers and personal trainers who can effectively guide and train by providing important tips for developing muscles as per the requirement of certain sports	Strength and conditioning coach / Trainer also known as an S&C coach) is a physical performance professional who uses exercise prescription to improve the performance of competitive athletes or athletic teams.	5.0 - 12.0 Lakhs	<ul style="list-style-type: none"> https://mail.google.com/mail/u/0/?tab=rm&ogbl#sent/FMfcgzOVxtsQDKgKrMpkPTnxQPGghQSL https://www.payscale.com/research/IN/Job=Strength_and_Conditioning_Coach/Salary KISCE Recruitment Advertisement, Bahatrai Bilaspur (1639994050_KISCE_RECRU)
Sports Facility Caretaker	There is a need of Sports Facility Caretaker s oversee the day-to-day operations of sports facilities. They are responsible for maintenance, scheduling, and ensuring that venues meet safety and regulatory standards	Sports Facility care taker oversees and manages the operations of a sports facility (arena, stadium, gymnasium, recreational facility. This includes the maintenance and upkeep of the facility, as well as the organization and scheduling of events and activities.	1.5- 10.0 Lakhs	<ul style="list-style-type: none"> https://www.glassdoor.co.in/mz-survey/start_input.htm?c=GIVETOGET_CONTENT_WALL_HARDSELL&rt=%2FSalaries%2Fcaretake r-salary-SRCH_KO0%2C9.htm https://in.indeed.com/career/caretaker/salaries https://www.scotch.wa.edu.au/upload/pages/2010062993958/cricket-curator-jd-2013.pdf

Fitness Centre Manager	Increased health awareness and demand for personalized fitness services - As India's middle class has grown, there has been greater emphasis on health, wellness, and fitness, driving demand for qualified fitness trainers.	Fitness Centre Managers are responsible for leading and maintaining the day-to-day strategies and operations of their facilities. They work in the best interest of their customers and business.	03-24.0 Lakhs	<ul style="list-style-type: none"> • https://www.glassdoor.co.in/Monthly-Pay/HealthifyMe-Fitness-Manager-India-Monthly-Pay-EJI_IE783982_0_11_KO12_27_IL_28_33.htm • https://in.indeed.com/career/fitness-manager/salaries • https://www.ambitionbox.com/salaries/cure-fit-salaries/center-manager?campaign=history_cards
Yoga Trainer	The demand for qualified yoga teachers is on the rise for holistic development. The scope of being a yoga teacher in 2024 is diverse, with opportunities to teach in various settings, such as studios, gyms, retreats and personal, as well as through online classes.	A yoga trainer leads individuals or groups in practicing yoga. They hold classes to help participants improve their well-being. The instructor shows various yoga poses and breathing techniques. They create a safe and welcoming environment for the participants	2.0 – 7.5 Lakhs	<ul style="list-style-type: none"> • https://www.pitchnhire.com/blog/yoga-instructor-job-description • https://in.indeed.com/career/yoga-instructor/salaries

1. STRENGTH AND CONDITIONING TRAINER

Brief Overview: Strength and conditioning trainers play a crucial role in enhancing athletic performance through specialized training programs. They work with athletes to improve strength, flexibility, and overall physical conditioning.

Market Demand: The demand for strength and conditioning trainers is closely tied to the growth of sports and fitness industries. As sports participation increases and the emphasis on physical fitness grows, particularly among professional athletes and fitness enthusiasts, the need for specialized training programs becomes more pronounced.

Factors Driving Demand:

- **Increased Sports Participation:** Rising interest in various sports at amateur and professional levels necessitates the expertise of strength and conditioning trainers to optimize performance and prevent injuries.
- **Focus on Performance Optimization:** Athletes and sports organizations are investing more in performance optimization and injury prevention, driving demand for skilled trainers.
- **Growth of Fitness Industry:** The growing fitness industry and wellness trends contribute to a higher need for conditioning experts to design effective training programs.
- **Salary Insights:** The salary range of ₹50,000 to ₹1,00,000 per month reflects the specialized nature of this role. Trainers with advanced certifications and experience can command higher salaries, particularly in elite sports programs and high-end fitness centers.

2. FITNESS CENTRE MANAGER

Brief Overview: Fitness centre managers oversee the daily operations of gyms and fitness centers. They are responsible for managing staff, ensuring customer satisfaction, and maintaining facility standards.

Market Demand: The fitness industry is expanding rapidly due to growing health consciousness among the public. Fitness centers are increasingly viewed as essential for maintaining a healthy lifestyle, which boosts the demand for effective management to ensure smooth operations.

Factors Driving Demand:

- **Health and Wellness Trends:** Increased awareness of health and wellness has led to more people seeking memberships at fitness centers, thereby increasing the need for skilled managers.
- **Facility Expansion:** The growth in the number of fitness centers and gyms necessitates competent managers to handle complex operations and maintain high standards.
- **Customer Service Focus:** Modern fitness centers emphasize customer service and personalized experiences, which require adept management to address client needs and ensure satisfaction.
- **Salary Insights:** The salary range of ₹3.0 lakhs to ₹24.0 lakhs per annum indicates a high demand for experienced managers who can handle diverse responsibilities, including budgeting, staff management, and customer service. Higher salaries are typically seen in larger or more prestigious facilities.

3. SPORTS FACILITY CARETAKER

Brief Overview: Curators manage and organize collections in museums, galleries, and other cultural institutions. They are responsible for the acquisition, conservation, and exhibition of artifacts.

Market Demand: The demand for curators is influenced by the growth of cultural and historical institutions and increased public interest in arts and heritage. Curators play a vital role in preserving cultural heritage and presenting it to the public in an engaging manner.

Factors Driving Demand:

- **Cultural Investment:** Increased investment in cultural and historical preservation fuels the need for skilled curators to manage and interpret collections.
- **Educational and Public Programs:** Museums and galleries are expanding their educational and public outreach programs, creating a demand for curators to develop and manage these initiatives.
- **Growing Interest in Art:** The rise in art appreciation and collecting among the public and private sectors supports the need for professional curators.
- **Salary Insights:** The salary range of ₹1.5 lakhs to ₹10.0 lakhs per annum reflects varying levels of experience and the type of institution. Higher salaries are associated with more prestigious institutions or specialized roles within the field.

4. YOGA TRAINER

Brief Overview: Yoga teachers instruct individuals or groups in various yoga practices, promoting physical and mental well-being. They design and guide yoga sessions based on the needs and goals of their students.

Market Demand: The popularity of yoga as a wellness practice has surged, driven by increasing awareness of mental and physical health benefits. This has resulted in a higher demand for qualified yoga teachers across various settings.

Factors Driving Demand:

- **Wellness Trends:**
Growing interest in holistic health and wellness drives the demand for yoga teachers to offer personalized and group classes.
- **Corporate and Community Programs:**
Many organizations and communities incorporate yoga into their wellness programs, increasing the need for qualified instructors.
- **Diverse Yoga Styles:**
The variety of yoga styles and practices allows for a broad range of teaching opportunities, further expanding demand.
- **Salary Insights:**
The salary range of ₹2.0 lakhs to ₹7.5 lakhs per annum indicates a wide variance based on experience, location, and type of employment (e.g., private classes vs. gym-based). Experienced yoga teachers or those working in high-demand areas can earn significantly higher salaries.

Note: In summary, each of these fields shows strong demand driven by growth trends in their respective industries. The salary ranges reflect the specialized skills required and the varying levels of demand across different roles and location

10. PROGRAM APPROVAL BY ACADEMIC COUNCIL OF LNPIE

The courses run under the Reset Program were presented to the Academic Council of the Institute for approval. Committee discussed the Examination, Modules of the courses and approved the same to start the course from this session at the earliest

Copy of the Minutes of the Academic Council is annexed hereto and marked as Annexure-4.

11. COURSE CONTENT DEVELOPMENT BY EXPERTS FROM LNPIE, GWALIOR & GUWAHATI

Course content was developed by the experts of LNPIE Gwalior and Guwahati for the classes of courses conducted under the pilot project of RESET.

Copies of the E-Contents Developed by Experts from LNPIE Gwalior & Guwahati are annexed hereto and marked as Annexure-5(a) to 5(d).

12. DEVELOPMENT OF E-CONTENT

E-content was developed by M/s Ashish Bhardwaj Sports & Education Pvt. Ltd., New Delhi under the pilot project of RESET.

Copies of the E-Contents Developed by M/s Ashish Bhardwaj Sports & Education Pvt. Ltd. New Delhi are annexed hereto and marked as Annexure-6(a) to 6(f).

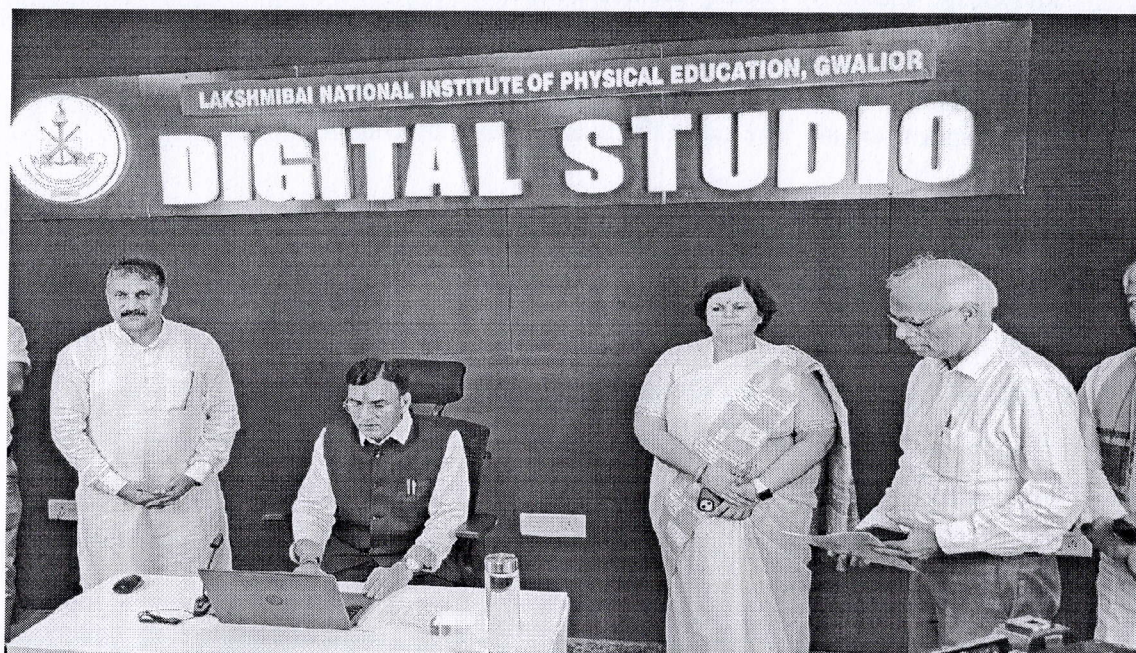
13. LAUNCH OF PROGRAMS

The RESET program was launched by Dr. Mansukh Mandaviya, Union Minister of Youth Affairs & Sports and Labour & Employment on the occasion of National Sports Day on 29th August, 2024.



14. THE DEEKSHAARAMBH CEREMONY

The Deekshaarambh Ceremony was done by Dr. Mansukh Mandaviya, Union Minister of Youth Affairs & Sports and Labour & Employment on 4th October, 2024, during visit to LNIPE, Gwalior.



The schedule followed:

Name of Program	Activity/class	Date
Certificate Program for Strength & Conditioning Trainer	Online Class	04 October – 03 November, 2024
	On campus Class at LNIPE Gwalior	12 November – 26 November, 2024
	Internship at LNIPE, Gwalior	27 November – 06 December, 2024
	Examination (Theory & Practical)	06 December, 2024
	Declaration of Result & distribution of Certificates to successful candidates	07 December, 2024
Certificate Program for Yoga Trainer	Online Class	04 October – 24 October, 2024
	On campus Class at LNIPE Gwalior	20 November – 29 November, 2024
	Internship at LNIPE, Gwalior	30 November – 05 December, 2024
	Examination (Theory & Practical)	06 December, 2024
	Declaration of Result & distribution of Certificates to successful candidates	07 December, 2024
Certificate Program for Fitness Center Manager	Online Class	04 October – 24 October, 2024
	On campus Class at LNIPE Gwalior	20 November – 29 November, 2024
	Internship at LNIPE, Gwalior	30 November – 05 December, 2024
	Examination (Theory & Practical)	06 December, 2024
	Declaration of Result & distribution of Certificates to successful candidates	07 December, 2024

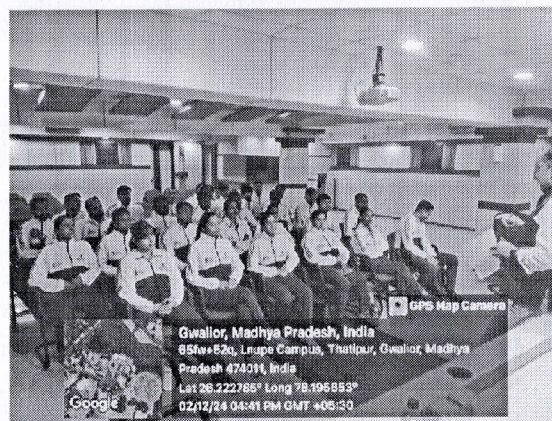
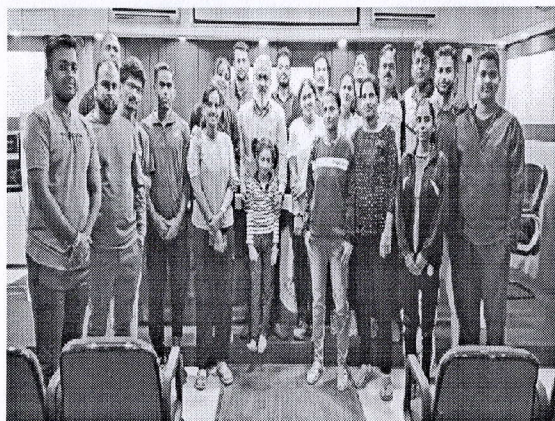
- Participants attended Online Classes : 89
- Participants attended practical classes and Internship at LNIPE, Gwalior: 30 (from 14 States & 18 Games/sports). 26 experts from LNIPE, Gwalior were involved for practical and internship at campus.

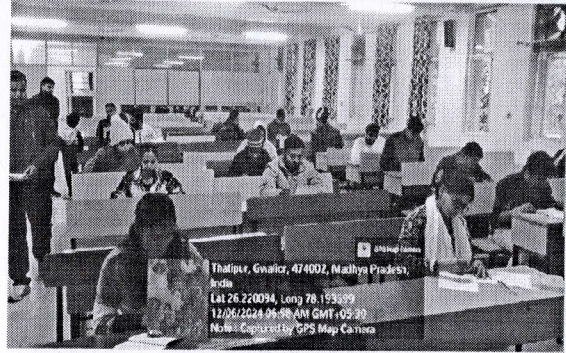
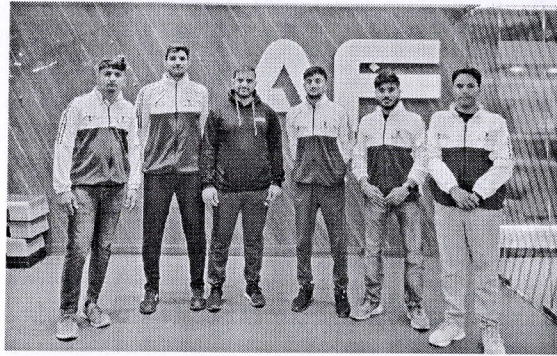
- **Camp Fire:** Camp fire was organized by LNIPE, Gwalior on 06 December, 2024. It was attended by Prof. Indu Bora, Officiating Vice Chancellor, LNIPE, Gwalior, Experts from LNIPE, Gwalior, Administrative Officers, Supporting Staff and all the participants of RESET. The participants made it as thanks giving program and appreciated the knowledge shared by Faculty members/experts. They thanked LNIPE for all the support and hospitality. Participants also shared their stories and learning outcomes of the RESET program. They specially thanked Department of Sports, Ministry of Youth Affairs & Sports, Government of India for this great initiative of up-skilling and upgrading the retired sportspersons. The camp fire was followed by Dinner.

15. CONDUCT OF CLASSES AND INTERNSHIP

Experts from LNIPE conducted following classes and provided in-house internship to the participants.

- **Online Class:** Online class was attended by 79 participants.
- **On-campus Class:** 30 participants attended on-campus theory and practical classes.
- **Internship:** All 30 participants were provided internship in their respective programs.
- **Examination:** Examinations for all three programs were conducted as per the scheme of Examination.



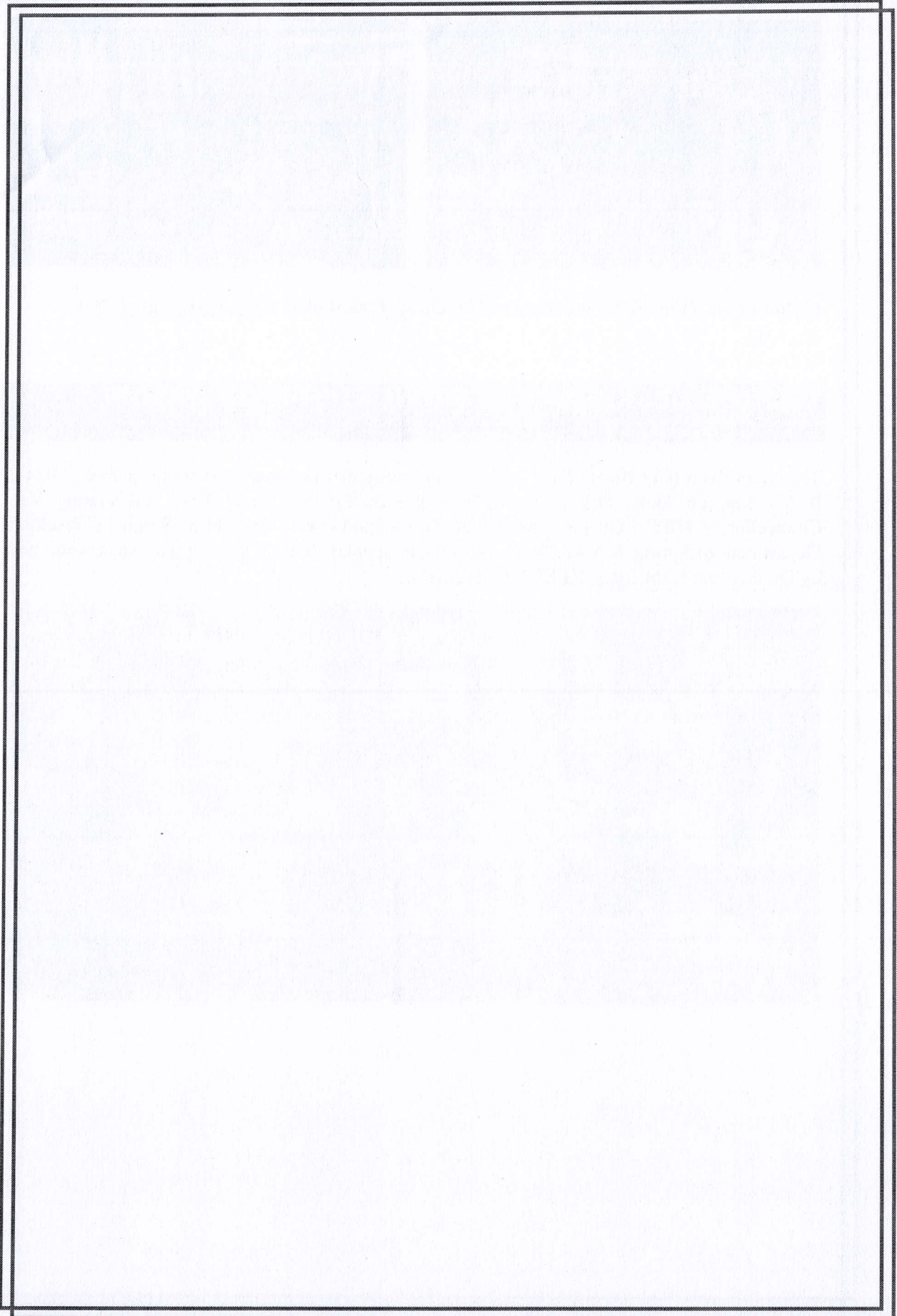


Copies of the Time Table are annexed hereto and marked as Annexure-7(a) to 7(c).

16. THE DEEKSHANT (CERTIFICATE DISTRIBUTION) CEREMONY

The Deekshant (Certificate Distribution) Ceremony was conducted on 07 December, 2024 at IQAC Seminar Hall. The ceremony was graced by Prof. Indu Bora, Officiating Vice Chancellor, LNIPE, Gwalior as Chief Guest and Shri. Narendra Singh, Consultant, Department of Sports, MYAS, Govt. of India as Special Guest. The program was coordinated by Dr. Krishna Kant Sahu, RESET-Coordinator.





17. CONCLUSIONS & RECOMMENDATIONS

CONCLUSIONS:

The RESET Programme is a thoughtful and strategic initiative aimed at harnessing the experience of retired athletes for broader societal benefits. Providing Career development support and facilitating knowledge transfer not only honors the contributions of retired sports persons but also strengthens India's sports ecosystem.

RECOMMENDATIONS:

- Promotion of RESET program at every level is needed.
- 30 participants can act as brand ambassador of RESET.
- Recommendation letters need to be issued to all the states and NSFs to give recognition and credits to certificate holders of RESET programs.
- It is also recommended for adapting the RESET Course to the needs of Para Athletes, alongside abled-athletes.
- Introduction of Advance Courses with more durations were also recommended.



Annexure-1

**No. 8-23/2024-SP-III
Government of India
Ministry of Youth Affairs & Sports
Department of Sports**

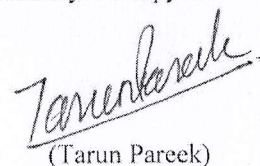
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Hall No. 103, JLN Stadium,
New Delhi, 29 July 2024

Office Memorandum

Subject: Launch of Retired Sportsperson Empowerment Training (RESET) Programme

The undersigned is directed to say that the Department of Sports, Ministry of Youth Affairs & Sports has formulated the "Retired Sportsperson Empowerment Training" (RESET) Programme with a view to facilitate retired athletes' career development by providing them tailor-made education for their academic enhancement supplemented with internship and live projects with the industry to strengthen their competitiveness in the sports industry. A copy of RESET Programme is sent herewith.


(Tarun Pareek)

Under Secretary to the Government of India

To

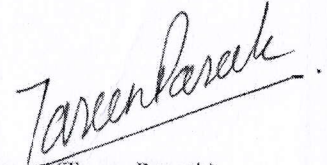
1. President, Indian Olympic Association
2. President/Secretary General of recognized National Sports Federations
3. Director General, Sports Authority of India

Copy to:

1. Secretary, Ministry of Skill Development & Entrepreneurship
2. Secretary, Department of Higher Education, Ministry of Education
3. Secretary, Department of School Education & Literacy, Ministry of Education
4. Secretary General, University Grants Commission
5. Chairperson, National Council for Vocational Education & Training
6. Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)
7. Addl Chief Secretary/Principal Secretary/Secretary of Sports Departments of State Governments/Union Territory Administrations
8. Vice Chancellor, Lakshmibai National Institute of Physical Education, Gwalior
9. Vice Chancellor, National Sports University, Imphal
10. Executive Director, Netaji Subhash National Institute of Sports, Patiala
11. Principal, Lakshmibai National College of Physical Education, Thiruvanthapuram

Copy also to:

1. PS to Hon'ble Minister of Youth Affairs & Sports
2. PS to Hon'ble Minister of State (Youth Affairs & Sports)
3. PPS to Secretary (Sports)
4. Joint Secretary (Sports)
5. All Directors/Deputy Secretaries in Department of Sports
6. All Under Secretaries in the Department of Sports
7. All Sections in the Department of Sports
8. Guard File


(Tarun Pareek)

Under Secretary to the Government of India

**No. 8-23/2024-SP-III
Government of India
Ministry of Youth Affairs & Sports
Department of Sports**

....

Hall No. 103, Jawaharlal Nehru Stadium,
Lodhi Road, New Delhi.
Date: 29 July 2024

Subject: Retired Sportsperson Empowerment Training (RESET) Programme

1. Introduction

The Ministry of Youth Affairs and Sports (the "Ministry") is the nodal Ministry in the Government of India for the development of sports in the country. Through its various schemes, including the Scheme of Assistance to National Sports Federations (NSFs), the Target Olympic Podium Scheme (TOPS) and the Khelo India Scheme, the Ministry supports various aspects of sports development, including preparation and participation of Indian Sportspersons/Teams in international sporting events, organizing international sports events in India, training of elite sportspersons for Olympics/Asian Games/Commonwealth Games and other events, talent identification and development, etc.

It is a known fact that most of the sportspersons who aspire to participate in major international sports events and win medals, devote their time almost entirely to training and participation in competitions during their active sports career. As a result of this, they tend to lag behind in academics, and miss opportunities that will prepare them for an alternate career option. Due to this, once their active sports career is over, they struggle to find good employment opportunities within and outside the field of sports.

This Ministry and several other institutions run educational programmes in various sports related subjects, giving opportunity for sports persons to get education and develop skills. The Human Resource Development Scheme (HIRDS) of this Ministry is one such scheme. However, it is a fact that there is a need to create more educational and skill development opportunities to enable sports persons to pursue a successful career/gain employment once their sporting career is over.

Major strides have been made in the country in the sporting sector in the last decade. As more and more opportunities come for Indian sports to excel, including the proposed hosting of Summer Olympics 2036 and Youth Olympics 2030, there is a need to create more and more skilled manpower to meet the human resource requirements. The existing pool of retired athletes, with its diverse profiles, can contribute to the required capacity of the sports sector if their skills and educational qualifications are augmented.

Through the "Retired Sportsperson Empowerment Training" (RESET) Programme of the Ministry, it is envisaged to support retired athletes on their career development journey, making them more employable and, bridging the skill gap that exists in our sports ecosystem. Through the program, retired sportspersons will be empowered with the necessary knowledge and skills for their transition into a suitable career option.

2. Objectives

The objectives of the programme are:

- i) To empower retired sportspersons with the necessary knowledge and skills to transition to a different career;
- ii) To offer retired sportspersons with necessary programs, resources, tools to acquire knowledge and skills;
- iii) To address the existing human resource gap in the sports sector;
- iv) To enable athletes to pursue education and skill development programs and support them to move to a new career domain through Education, Career Planning, Guidance, Employment Support and Networking opportunities.

3. Strategic Framework

The introduction of the National Education Policy (NEP-2020) emphasizes holistic student development and skills for the 21st century. The RESET Programme aims to achieve this and, thus address the issue of insufficient skilled human resources in the sports industry, thus, contributing to “Atmanirbhar Bharat”.

4. Adoption of New Age Learning

Integration of technology and pedagogy is essential for imparting standardised and modernised curriculum to the candidates.

- **Active Learning Strategies:** Online and face-to-face classes engaging learners through Problem-based learning, Group discussions, Case studies, Projects, and Simulation.
- **Flipped Classroom:** Hybrid classes involving online and on-campus sessions for discussions and practical activities.
- **Experiential Learning:** Credits awarded for sports achievements, experiences and hands-on industry work, suitable credits for sporting career, NSFs as certifying authorities by National Council of Vocational Education & Training (NCVET)
- **Collaborative Learning:** Teams and groups assigned live projects to develop teamwork and responsibility.
- **Assessment strategies:** At the end of programme, students will undergo assessment process to gather information about their knowledge, skills and understanding through Multiple choice questions, Short answer questions; Essay-type questions; Peer review exercises; and Self-assessments.

The adoption of above-mentioned new age learning will be realised by collaborative efforts of the institutions and bodies affiliated to the Ministry of Youth Affairs & Sports and the Ministry of Skill Development & Entrepreneurship.

5. Eligibility Criteria

- i) The athlete should have retired from an active sports career, i.e., who has not played an NSF-recognized competition in the last one year from the date of application;
- ii) The athlete should be aged between 20 and 50 years;

- iii) The athlete who has won an International Medal (or) participated in world-level tournaments/games organized/recognized by the respective International Sports Federation/International Olympic Committee or its affiliated Continental bodies;
- iv) National medallist/State medallist/participation in competitions recognized by an NSF/Indian Olympic Association (IOA)/Government of India
- v) The athlete should have played a sport which is/was included in the Summer Olympics, Winter Olympics, Asian Games, Commonwealth Games or their Para equivalent.

6. Selection Process

- i) The application will be through a dedicated portal;
- ii) The applicant will opt for one course of his/her choice from the offered programmes, subject to the condition of his/her fulfilment of the eligibility criteria;
- iii) A pre-program evaluation will be done through a written examination and interview to assess the competency and aptitude of the applicant;
- iv) Physical/fitness evaluation may also be conducted for select programs.

7. Programmes for retired athletes

Initially, the following programmes will be offered for the retiring athletes of two levels, keeping in view their educational qualifications:

- A. Level: 12th and above
- B. Level: 11th and below.

Further, it will be categorized based on duration, i.e., 45 Days and 30 Days.

(A) LEVEL: 12th and above

S. No.	Name of Program	Duration of Program
1.	Strength & Conditioning Trainer	45 days
2.	Sports Nutritionists	45 days
3.	Sports Event Management	45 days
4.	Corporate Wellness Trainer	45 days
5.	Sports Masscur	30 days
6.	Sports Entrepreneurship	30 days
7.	Store Manager	30 days
8.	Fitness Centre Manager	30 days

(B) LEVEL: 11th and below

S. No.	Name of Program	Duration of Program
1.	Physical Education Trainer	45 days
2.	Fitness Trainer	45 days
3.	Yoga Trainer	45 days
4.	Venue Supervisor	45 days
5.	Self-Defence Trainer	30 days
6.	Community Sports Trainer	30 days
7.	Camping & Trekking Guide	30 days
8.	Facility Caretaker	30 days

8. Governance Structure

A. High-level Committee: A High-Level Committee (HLC) will be constituted under the Chairmanship of Hon'ble Minister of Youth Affairs & Sports. The HLC will be responsible for policy-level interventions and overall monitoring of the programme, with the following composition:

1	Hon'ble Minister of Youth Affairs & Sports	Chairperson
2	Hon'ble Minister of State for Youth Affairs & Sports	Vice-Chairperson
3	Secretary (Sports)	Ex-officio Member
4	Additional Secretary & Financial Advisor (MYAS)	Ex-officio Member
5	Director General, Sports Authority of India	Ex-officio Member
6	Representative of Ministry of Skill Development & Entrepreneurship (Not below the level of Joint Secretary)	Ex-officio Member
7	Representative of Department of Higher Education, Ministry of Education (Not below the level of Joint Secretary)	Ex-officio Member
8	Representative of Department of School Education & Literacy, Ministry of Education (Not below the level of Joint Secretary)	Ex-officio Member
9	Representative of University Grants Commission (Not below the level of Joint Secretary)	Ex-officio Member
10	Chairperson, National Council for Vocational Education & Training or his/her nominee	Ex-officio Member
11	Vice Chancellor, Lakshmi Bai National Institute of Physical Education, Gwalior	Ex-officio Member
12	Vice Chancellor, National Sports University, Imphal	Ex-officio Member
13	FD/Dean, NIS Patiala	Ex-officio Member
14	02 Nominated Members (Leading Educationalists in Sports Sector)	Nominated
15	President, Indian Olympic Association (IOA) or his/her nominee from Executive Committee of IOA	Ex-officio Member
16	03 Nominees (Presidents of NSFs)	Nominated
17	Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)	Ex-officio Member
18	03 Nominees (Prominent Sportspersons – Dhyan Chand Khel Ratna or Arjuna Awardees)	Nominated
19	02 Nominees (Eminent Coaches – Dronacharya Awardees)	Nominated
20	Joint Secretary (Sports)	Member Secretary

Note: Any experts may be co-opted in the HLC with the approval of Hon'ble Minister of Youth Affairs & Sports. Composition of High-Level Committee may be revised with the approval of Hon'ble Minister (YA&S).

B. Executive Committee: An Executive Committee will be set up under the chairpersonship of Secretary (Sports) for the effective implementation of the programme, with the following composition:

1	Secretary (Sports)	Chairperson
2	Director General, Sports Authority of India	Ex-officio Member
3	Vice Chancellor, Lakshmibai National Institute of Physical Education, Gwalior	Ex-officio Member
4	Vice Chancellor, National Sports University, Imphal	Ex-officio Member
5	Principal, Lakshmibai College of Physical Education (LNCPE), Thiruvanthapuram	Ex-officio Member
6	Executive Director, Netaji Subhash National Institute of Sports, Patiala	Ex-officio Member
7	Representative of Ministry of Skill Development & Entrepreneurship (Not below the level of Director)	Ex-officio Member
8	Representative of Department of Higher Education, Ministry of Education (Not below the level of Director)	Ex-officio Member
9	Representative of Department of School Education & Literacy, Ministry of Education (Not below the level of Director)	Ex-officio Member
10	Chairperson, National Council for Vocational Education & Training or his/her nominee	Ex-officio Member
11	President, Indian Olympic Association or his/her nominee (Member of IOA EC)	Ex-officio Member
12	03 Nominees (President/Secretary General/CEO of 3 NSFs)	Nominated
13	Representative of University Grants Commission (Not below the level of Director)	Ex-officio Member
14	Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)	Ex-officio Member
15	03 Nominees (Prominent Sportspersons – Dhyan Chand Khel Ratna or Arjuna Awardees)	Nominated
16	02 Nominees (Eminent Coaches – Dronacharya Awardees)	Nominated
17	Joint Secretary (Sports)	Ex-officio Member
18	Secretary (SAI)/DDG (TEAMS), SAI	Ex-officio Member
19	Director /Deputy Secretary, MYAS	Member Secretary

Note: Any experts may be co-opted in the Committee with the approval of Secretary (Sports). Composition of Executive Committee may be revised with the approval of Secretary (Sports).

C. **Course Planning Committee** will be set up to consult with NSFs, industry bodies, sports organizations, retired sportspersons, etc. to understand the market needs for various courses/programs and to plan for the certification programmes, with the following composition:

1	Vice Chancellor, LNIPE, Gwalior	Chairperson
2	Vice Chancellor, National Sports University, Imphal	Ex-officio Member
3	Principal, Lakshmibai College of Physical Education (LNCPE), Thiruvanthapuram	Ex-officio Member
4	Executive Director, Netaji Subhash National Institute of Sports, Patiala	Ex-officio Member
5	Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)	Ex-officio Member
6	Professor/Associate Professor (nominated by VC, LNIPE)	Member Secretary

The Course Planning Committee shall be responsible for the following important components of the scheme:

a) **Content Development:** Content development for the various programmes using the available expertise and resources of the educational institutions under this Ministry, namely, the National Sports University (NSU), the Lakshmibai National Institute of Physical Education (LNIPE), the Netaji Subhash National Institute of Sports (NS-NIS), the National Centre for Sports Science Research (NCSSR) & the Lakshmibai National College of Physical Education (LNCPE). The syllabi and content of the programmes, both online and in-class, shall be responsibility of this Committee.

b) **Programme Delivery and Assessment:** Various strategies including interactive programme delivery, hybrid learning, experiential learning, collaborative learning etc., shall also be included in the programme delivery strategy. The Committee shall also devise a transparent and scientific assessment process as deemed necessary alongwith adoption of the new age learning methodologies.

9. **Dual format Program Delivery:** The programme will be offered in both Physical and Virtual Formats, as per details below:

(i) **Physical Delivery:** The physical program will be delivered through the educational institutions under the Ministry viz. NSU, LNIPE, NSNIS, NCSSR, LNCPE. Retired athletes who do not have any limitations to attend the program physically can opt for the same.

(ii) **Virtual Delivery:** The program delivery will also be through online sessions. The e-KheloPathshala platform of the Ministry will be utilised for the program delivery. Retired athletes who cannot participate in the program physically, shall opt for the virtual program. However, for practical sessions, the nearest affiliated sports stadium/physical education institute/Khelo India State Centre of Excellence or any affiliated sports academy shall be utilised.

10. Internship: The students will be provided the opportunity to hone their skills through Internships in sports organisations, sporting competitions/training camps, leagues. The educational institutions responsible for a course shall also enable the student to undertake internship.

11. Placement Support: Once the student has successfully completed the programme, the educational institutions under the Ministry shall guide and support him/her with placement assistance, guidance for entrepreneurial ventures, etc.

12. Responsibility for execution and Implementation of the Programme: The Department of Sports, Ministry of Youth Affairs & Sports will be the nodal office for implementation and monitoring of the programme through institutions under its administrative control namely LNIPE, NSU, LNCPE and NSNIS.

13. Funding: The initial phase of the program shall be undertaken through the fund available under the Scheme for Human Resource Development in Sports (HRDS). Initially, a seed amount of Rs 2 crore may be sanctioned for the pilot, which will be spent predominantly on Portal Development, Content Development, Classroom Upgradation, Support to Trainees, Programme Monitoring and Other Administrative Expenses.

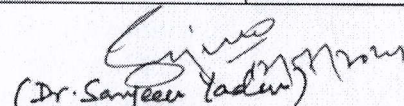
The delivering institution will decide on fee structures for the programs offered.

14. Relaxation: Any provision of the programme may be altered, revised, and modified with the approval of the Hon'ble Minister of Youth Affairs & Sports with the justifications/reasons to be recorded in writing.

RETIRED SPORTSPERSON EMPOWERMENT (RESET) SCHEME

PROPOSED BUDGET

S. No.	Items/heads	Statement of expenditure	Total Cost (in INR)
1.	Portal & LMS development	SAMARTH will be developing the portal and LMS.	NA Free of Cost
2.	Portal & LMS maintenance	<ul style="list-style-type: none"> Minimum 04 IT persons to be employed for developing and maintaining the portal and LMS. They will be responsible for timely uploading the contents on LMS. They will take care of technical issues, if arises. 	20.00 Lacs per year ✓
3.	Content development by expert	Experts to be paid INR 2000 per topic. 2000 x 100 topics	02.00 Lacs ✓
4.	e-content development	<ul style="list-style-type: none"> Program of 45 Days- 30 x 02 = 60 Topics Program of 30 Days- 20 x 02 = 40 Topics ✓ Each topic will be of 8-10 minutes (Cost of 01 minute @ 3500 (as per rate paid for e-khelfathshala to the agency) 	21.00 Lacs 14.00 Lacs
5.	Lodging and boarding during on-campus practical classes, examination & Internship at LNIPE, Gwalior	<p>45 Days for Programs: 100 participants @ 300 x 29 Days (15 Days for Practical, 10 Days for Internship, 02 Days for Examination and 02 Days [arrival & departure])</p> <p>30 Days for Programs: 100 participants @ 300 x 21 Days (10 Days for Practical, 07 Days for Internship, 02 Days for Examination and 02 Days [arrival & departure])</p>	08.70 Lacs 06.30 Lacs
6.	Management & coordination	<p>Tuition Fee for on campus practical</p> <ul style="list-style-type: none"> Examination & Evaluation Fee to superintendent, Invigilators, Evaluators/assessors, ground staff and other supporting staff. Remuneration to experts for conducting 100 Practical Classes @ 2000/hour. 	01.00 Lac 02.00 Lacs
7.	Marketing and market research	Online survey will be conducted to understand the need and demand of industry in terms of employability.	NA
8.	Miscellaneous	TA/DA for Experts for visiting LNIPE, Gwalior for recording their lectures, Sports Equipment, Stationary, etc.	15 Lacs
Grand Total			90 Lacs


 (Dr. Sanjeev Yadav)
 Registrar

Annexure-3(a)

No. 8-23/2024-SP-III
Government of India
Ministry of Youth Affairs & Sports
Department of Sports

....

Hall No. 103, JLN Stadium,
New Delhi, 29 July 2024

Office Memorandum

Sub: Retired Sportsperson Empowerment Training (RESET) Programme – Constitution of High Level Committee – reg

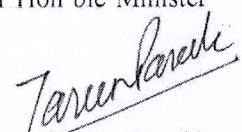
The undersigned is directed to refer to this Department's letter of even number dated 25 July 2024 regarding formulation of "Retired Sportsperson Empowerment Training" (RESET) Programme and to say that a High Level Committee is constituted under the chairpersonship of Hon'ble Minister for Youth Affairs & Sports for policy-level interventions and overall monitoring of the programme.

2. Composition of High Level Committee will be as under:

1	Hon'ble Minister of Youth Affairs & Sports	Chairperson
2	Hon'ble Minister of State for Youth Affairs & Sports	Vice-Chairperson
3	Secretary (Sports)	Ex-officio Member
4	Additional Secretary & Financial Advisor (MYAS)	Ex-officio Member
5	Director General, Sports Authority of India	Ex-officio Member
6	Representative of Ministry of Skill Development & Entrepreneurship (Not below the level of Joint Secretary)	Ex-officio Member
7	Representative of Department of Higher Education, Ministry of Education (Not below the level of Joint Secretary)	Ex-officio Member
8	Representative of Department of School Education & Literacy, Ministry of Education (Not below the level of Joint Secretary)	Ex-officio Member
9	Representative of University Grants Commission (Not below the level of Joint Secretary)	Ex-officio Member
10	Chairperson, National Council for Vocational Education & Training or his/her nominee	Ex-officio Member
11	Vice Chancellor, Lakshmibai National Institute of Physical Education, Gwalior	Ex-officio Member
12	Vice Chancellor, National Sports University, Imphal	Ex-officio Member
13	ED/Dean, NIS Patiala	Ex-officio Member
14	02 Nominated Members (Leading Educationalists in Sports Sector)	Nominated

15	President, Indian Olympic Association (IOA) or his/her nominee from Executive Committee of IOA	Ex-officio Member
16	03 Nominees (Presidents of NSFs)	Nominated
17	Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)	Ex-officio Member
18	03 Nominees (Prominent Sportspersons – Dhyan Chand Khel Ratna or Arjuna Awardees)	Nominated
19	02 Nominees (Eminent Coaches – Dronacharya Awardees)	Nominated
20	Joint Secretary (Sports)	Member Secretary

3. Any experts may be co-opted in the Committee with the approval of Hon'ble Minister (YA&S).


(Tarun Pareek)

Under Secretary to the Government of India

To:

All Members of the High Level Committee

Copy to:

1. Secretary, Ministry of Skill Development & Entrepreneurship with the request to nominate a representative not below Joint Secretary
2. Secretary, Department of Higher Education, Ministry of Education with the request to nominate a representative not below Joint Secretary
3. Secretary, Department of School Education & Literacy, Ministry of Education with the request to nominate a representative not below Joint Secretary
4. Secretary General, University Grants Commission with the request to nominate a representative not below the level of Joint Secretary

Copy also to:

1. PS to Hon'ble Minister of Youth Affairs & Sports
2. PS to Hon'ble Minister of State (Youth Affairs & Sports)
3. PPS to Secretary (Sports)
4. Joint Secretary (Sports)
5. All Directors/Deputy Secretaries in Department of Sports
6. All Under Secretaries in the Department of Sports
7. All Sections in the Department of Sports
8. Guard File

Annexure-3(b)

No. 8-23/2024-SP-III
Government of India
Ministry of Youth Affairs & Sports
Department of Sports

....

Hall No. 103, JLN Stadium,
New Delhi, 29 July 2024

Office Memorandum

**Subject: Retired Sportsperson Empowerment Training (RESET) Programme –
Constitution of Executive Committee – reg**

The undersigned is directed to refer to this Department's letter of even number dated 25 July 2024 regarding formulation of "Retired Sportsperson Empowerment Training" (RESET) Programme and to say that an Executive Committee is constituted under the chairpersonship of Secretary (Sports) for the effective implementation of the programme.

2. Composition of Executive Committee will be as under:

1	Secretary (Sports)	Chairperson
2	Director General, Sports Authority of India	Ex-officio Member
3	Vice Chancellor, Lakshmibai National Institute of Physical Education, Gwalior	Ex-officio Member
4	Vice Chancellor, National Sports University, Imphal	Ex-officio Member
5	Principal, Lakshmibai College of Physical Education (LNCPE), Thiruvanthapuram	Ex-officio Member
6	Executive Director, Netaji Subhash National Institute of Sports, Patiala	Ex-officio Member
7	Representative of Ministry of Skill Development & Entrepreneurship (Not below the level of Director)	Ex-officio Member
8	Representative of Department of Higher Education, Ministry of Education (Not below the level of Director)	Ex-officio Member
9	Representative of Department of School Education & Literacy, Ministry of Education (Not below the level of Director)	Ex-officio Member
10	Chairperson, National Council for Vocational Education & Training or his/her nominee	Ex-officio Member
11	President, Indian Olympic Association or his/her nominee (Member of IOA EC)	Ex-officio Member
12	03 Nominees (President/Secretary General/CEO of 3 NSFs)	Nominated
13	Representative of University Grants Commission (Not below the level of Director)	Ex-officio Member

14	Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)	Ex-officio Member
15	03 Nominees (Prominent Sportspersons – Dhyan Chand Khel Ratna or Arjuna Awardees)	Nominated
16	02 Nominees (Eminent Coaches – Dronacharya Awardees)	Nominated
17	Joint Secretary (Sports)	Ex-officio Member
18	Secretary (SAI)/DDG (TEAMS), SAI	Ex-officio Member
19	Director /Deputy Secretary, MYAS	Member Secretary

3. Any experts may be co-opted in the Committee with the approval of Secretary (Sports).

Tarun Pareek

(Tarun Pareek)

Under Secretary to the Government of India

To:

All Members of the Executive Committee

Copy to:

1. Secretary, Ministry of Skill Development & Entrepreneurship with the request to nominate a representative not below Director
2. Secretary, Department of Higher Education, Ministry of Education with the request to nominate a representative not below Director
3. Secretary, Department of School Education & Literacy, Ministry of Education with the request to nominate a representative not below Director
4. Secretary General, University Grants Commission with the request to nominate a representative not below the level of Director

Copy also to:

1. PS to Hon'ble Minister of Youth Affairs & Sports
2. PS to Hon'ble Minister of State (Youth Affairs & Sports)
3. PPS to Secretary (Sports)
4. Joint Secretary (Sports)
5. All Directors/Deputy Secretaries in Department of Sports
6. All Under Secretaries in the Department of Sports
7. All Sections in the Department of Sports
8. Guard File

Annexure-3(c)

No. 8-23/2024-SP-III
Government of India
Ministry of Youth Affairs & Sports
Department of Sports

....

Hall No. 103, JLN Stadium,
New Delhi, 29 July 2024


Office Memorandum

Sub: Retired Sportsperson Empowerment Training (RESET) Programme – Constitution of Course Planning Committee – reg

The undersigned is directed to refer to this Department's letter of even number dated 25 July 2024 regarding formulation of "Retired Sportsperson Empowerment Training" (RESET) Programme and to say that Course Planning Committee is set up which will consult with NSFs, industry bodies, sports organizations, retired sportspersons, etc. to understand the market needs for various courses/programs and to plan for the certification programmes.

2, Composition of Course Planning Committee will be as under:

1	Vice Chancellor, LNIPE, Gwalior	Chairperson
2	Vice Chancellor, National Sports University, Imphal	Ex-officio Member
3	Principal, Lakshmibai National College of Physical Education (LNCPE), Thiruvanthapuram	Ex-officio Member
4	Executive Director, Netaji Subhash National Institute of Sports, Patiala	Ex-officio Member
5	Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)	Ex-officio Member
6	Professor/Associate Professor (nominated by VC, LNIPE)	Member Secretary


(Tarun Pareek)

Under Secretary to the Government of India

Copy to:

1. Vice Chancellor, Lakshmibai National Institute of Physical Education, Gwalior
2. Vice Chancellor, National Sports University, Imphal
3. Principal, Lakshmibai National College of Physical Education
4. Executive Director, Netaji Subhash National Institute of Sports, Patiala
5. Chief Executive Officer (CEO), Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)

Copy also to:

1. PS to Hon'ble Minister of Youth Affairs & Sports
2. PS to Hon'ble Minister of State (Youth Affairs & Sports)
3. PPS to Secretary (Sports)
4. Joint Secretary (Sports)
5. All Directors/Deputy Secretaries in Department of Sports
6. All Under Secretaries in the Department of Sports
7. All Sections in the Department of Sports
8. Guard File

Tarun Pareek
(Tarun Pareek)

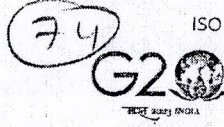
Under Secretary to the Government of India

पंजीयन क्र.ग्वा.सं.2943 दिनांक 02.09.1995

ISO 9001:2008, 14001:2004 OHSAS 18001:2007



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आजादी का
अमृत महोत्सव



लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान, ग्वालियर
Lakshmibai National Institute of Physical Education, Gwalior

Deemed to be University, Ministry of Youth Affairs & Sports, Government of India
(Declared vide Govt. of India MHRD Notification NO. F.9-14/92-U.3 dated 21.09.1995
under section 3 of UGC Act, 1956)

क्र. ARA/AC/46th/60/1915-932-897-914

दिनांक 6/8/2024

MINUTES OF THE STANDING COMMITTEE MEETING OF ACADEMIC COUNCIL
HELD ON 02.08.2024 AT 05.00 PM IN THE CONFERENCE HALL OF THE
ADMINISTRATIVE BLOCK

- | | | | |
|-----|--|---|---------------|
| 1. | Prof. Indu Bora, Officiating Vice Chancellor | - | Chairman |
| 2. | Prof. G.D. Ghai, Controller of Examination | - | Member |
| 3. | Prof. Joseph Singh, Dean (Academics) | - | Member |
| 4. | Prof. M.K. Singh, Chief Proctor | - | Member |
| 5. | Dr. K.K. Sahu, Dean (Physical Education) | - | Member |
| 6. | Dr. Birendra Jhajharia, Dean (Sports Science) | - | Member |
| 7. | Dr. Shankar Jyoti Basumatary, Dean (NERC) | - | Member |
| 8. | Dr. Anindita Das, HOD (PEP) | - | Member |
| 9. | Dr. Y.S. Rajpoot, HOD (Sports Management & Coaching) | - | Member |
| 10. | Dr. C.P. Singh Bhati, HOD (Yogic Sciences) | - | Member |
| 11. | Dr. Deepak Sharma, HOD (Exercise Physiology) | - | Member |
| 12. | Dr. Brij Kishore Prasad, HOD (Health Science) | - | Member |
| 13. | Dr. Vinita Bajpai Mishra, HOD (Sports Biomechanics) | - | Member |
| 14. | Dr. Bharat Verma, HOD (Sports Psychology) | - | Member |
| 15. | Dr. Megha Sahu, Assistant Professor | - | Member |
| 16. | Dr. Shailesh Kumar Singh, Assitant Professor | - | Member |
| 17. | Dr. Ashish Phulkar, Director, ODL | - | Member |
| 18. | Dr. Sanjeev Yadav | - | Registrar I/c |

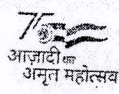
At the outset, the Chairman, Prof. Indu Bora welcomed all the members present in the meeting.

Prof. G.D. Ghai, Dr. Vineeta Bajpai Mishra and Dr. Shailesh Kumar Singh could not attend the meeting.

Dr. Shankar Jyoti Basumatary NERC, Guwahati attended meeting in online mode.

Sanjeev Yadav
06/8/24

शक्तिनगर, रेसकोर्सरोड, ग्वालियर- 474002 (म.प्र.), दूरभाष: 0751-4000902, 917
Shakti Nagar, Racecourse Road, Gwalior - 474002 (M.P.), Phone: 0751-4000902, 917
email: registrar@lnipe.edu.in. website: www.lnipe.edu.in



75



लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान, ग्वालियर
Lakshmibai National Institute of Physical Education, Gwalior

Deemed to be University, Ministry of Youth Affairs & Sports, Government of India
(Declared vide Govt. of India MHRD Notification NO. F.9-14/92-U.3 dated 21.09.1995
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क्र. ARA/Ac/14th/60 @97-914

दिनांक 06/8/2024

AGENDA No. 1 Proposal to start "Retired Sportsperson Empowerment (RESET)" Programme in four areas i.e. Certificate Programme for fitness Center Manager, Certificate in Yoga Trainer, Sports facility Caretaker, Strengthen & Conditioning Trainer.

Committee discussed the Examination, Modules of the Courses and approved the same to start the course from this session at the earliest.

AGENDA No. 2 Discussion on the minutes of Board of Studies (BOS) of the department of Physical Education Pedagogy, Exercise Physiology, Sports Biomechanics, Sports Psychology, Health Sciences and Sports Management & Coaching.

Committee discussed the scheme (Schemes of departments annexed as annexure 1 to 6) of examination of all the semester for M.P.Ed programme under CBCS for session 2024-26 and decided that, the scheme that has modified under the revamping process and already passed by the BOS of the departments and sent to the ministry, same has also passed by this committee with minor modifications.

Modifications are as follows:

1. The course of Part-A "Inclusive Education" to be replaced with "Adapted physical education" in 3rd Semester.
2. The course of Part-A "Professional Preparation & Curriculum Design" of 2nd Semester to be interchanged with "Health Education" in 4th semester.
3. In Part-B Activity course (Sports Specialization) "Sports Theory" of 1st semester to be interchange with "Skill Proficiency" of 2nd Semester.
4. In Part-B Activity course (Sports Specialization) Squash and Kabaddi to be included from 1st to 3rd semester.

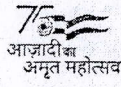
AGENDA No. 3 Any other matter

Honorable Vice-Chancellor proposes to consider the roles and responsibilities of key positions as:-

1. Dean, Academics

Role: The Dean, Academics is responsible for overseeing the academic activities of the institute, ensuring the delivery of quality education and maintaining academic standards.

06/8/24



76



लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान, ग्वालियर Lakshmibai National Institute of Physical Education, Gwalior

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क्र. PAA/AE/46th/60/897-914

दिनांक 6/8/2024

Responsibilities:

- **Curriculum Development:** Lead the development, review and updating of academic programs and curricula to align with educational standards and industry requirements.
- **Academic Planning:** Formulate academic policies and strategic plans to enhance educational outcomes and institutional performance.
- **Faculty Coordination:** Support and guide faculty members in their teaching and research activities; facilitate professional development and training.
- **Student Assessment:** Oversee the evaluation and assessment processes, ensuring fair and rigorous academic standards.
- **Quality Assurance:** Implement quality assurance mechanisms to monitor and improve academic programs and student performance.
- **Accreditation:** Coordinate with accrediting bodies and ensure compliance with accreditation requirements and standards.

2. Dean, Students Welfare

Role: The Dean, Students Welfare focuses on the holistic development and well-being of students, ensuring a supportive and enriching environment.

Responsibilities:

- **Student Support Services:** Develop and oversee services and programs related to student counseling, career guidance, and personal development.
- **Grievance Redressal:** Address and resolve student grievances and issues, fostering a supportive and respectful campus environment.
- **Extracurricular Activities:** Promote and support student engagement in extracurricular activities, including clubs, societies, and leadership programs.
- **Health and Well-being:** Implement initiatives and programs to promote students' physical and mental health, including wellness and counseling services.
- **Student Welfare Policies:** Formulate and review policies related to student welfare, safety, and discipline.

3. Dean, Sports Sciences

Role: The Dean, Sports Sciences is responsible for overseeing the academic and research activities related to sports sciences, ensuring the integration of scientific principles with sports practices.

Responsibilities:

- **Academic Leadership:** Guide and support academic programs and research in sports sciences, including curriculum development and faculty management.

[Signature]
06/05/24



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आज़ादी का
अमृत महोत्सव

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G20
भारत 2023 (INDIA)

LIFE
Lifestyle for
Environment

लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान, ग्वालियर
Lakshmibai National Institute of Physical Education, Gwalior

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क्र. ARS/AC/46*/60/897-914

दिनांक 06/8/2024

- **Research Promotion:** Encourage and facilitate research activities in sports sciences, promoting innovation and the application of scientific knowledge in sports.
- **Industry Collaboration:** Foster partnerships with sports organizations, institutions, and industry stakeholders to enhance the relevance and impact of sports science programs.
- **Resource Management:** Oversee the allocation and management of resources for sports sciences, including laboratories, equipment, and funding.
- **Academic Standards:** Ensure the adherence to academic standards and quality in sports science programs and research.

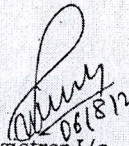
4. Dean, Physical Education Pedagogy and Allied Areas

Role: The Dean, Physical Education Pedagogy and Allied Areas is responsible for the development and management of programs related to physical education pedagogy and associated fields.

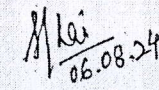
Responsibilities:

- **Program Development:** Development and implement educational programs related to physical education pedagogy, including curriculum design and pedagogical strategies.
- **Faculty Development:** Support and mentor faculty members in pedagogical techniques and research related to physical education.
- **Educational Research:** Promote research in physical education pedagogy and allied areas, encouraging evidence-based practices and innovation.
- **Collaborative Projects:** Facilitate collaborations with educational institutions, sports organizations, and other stakeholders to enhance the quality and scope of physical education programs.
- **Student Engagement:** Oversee student engagement and practical training in physical education, ensuring effective learning experiences and skill development.

Committee unanimously resolved to approve the same.


06/8/24
Registrar I/c
(Secretary)

The meeting ended with a vote of thanks to Chair.


06.08.24
Officiating Vice Chancellor
(Chairman)

Annexure-5(a)**CERTIFICATE PROGRAM FOR STRENGTH & CONDITIONING TRAINER**Level : 12th & Above

Duration : 45 Days

MODULE - I		
INTRODUCTION TO STRENGTH AND CONDITIONING		
1.	Components of Wellness	Dr. Saon Sanyal Bhowmik
2.	Components of Physical Fitness	Dr. Saon Sanyal Bhowmik
3.	Meaning & Definition of Strength Training	Prof. Joseph Singh
4.	Importance of Strength Training	Prof. Joseph Singh
5.	Principles of Fitness & Wellness.	Dr. Saon Sanyal Bhowmik
6.	Concept of Holistic Fitness & Its Development (Mind, Body & Spirit-Yoga, Taichi, Music)	Dr. Saon Sanyal Bhowmik

MODULE - II		
INTRODUCTION AND FUNDAMENTAL OF SPORTS TRAINING		
1.	Principle of Strength Training	Dr. Birendra Jhajharia
2.	Importance of Warming up	Dr. Sujay Bisht
3.	Types and Methods of Warming up	Dr. Birendra Jhajharia
4.	Importance of Cooling Down	Dr. Birendra Jhajharia
5.	Types and Methods of Cooling Down	Dr. Birendra Jhajharia
6.	Principles of Training (Specificity, Overload and Progression)	Dr. Rahul H. Kanojia

MODULE - III		
DEVELOPMENT OF STRENGTH AND SPEED		
1.	Meaning and Concept of Strength	Dr. Rahul H. Kanojia
2.	Types of Strength	Dr. Rahul H. Kanojia
3.	Methods and Development of Strength	Dr. Satpal Yadav
4.	Meaning and Concept of Speed	Dr. Satpal Yadav
5.	Types of Speed	Dr. Rahul H. Kanojia
6.	Methods and Development of Speed	Dr. Satpal Yadav

MODULE - IV		
DEVELOPMENT OF ENDURANCE AND FLEXIBILITY		
1.	Meaning and Concept of Endurance	Dr. Narendra Yadav
2.	Types of Endurance	Dr. Narendra Yadav
3.	Methods and Development of Endurance	Dr. Narendra Yadav
4.	Meaning and Concept of Flexibility	Dr. Amar Kumar
5.	Types of Flexibility	Dr. Amar Kumar
6.	Methods and Development of Flexibility	Dr. Amar Kumar

MODULE - V		
PERIODIZATION & FORMULATION OF PROGRAM		
1.	FITT and SMART Principles of Weight/Resistance Training	Dr. Ashish Phulkar
2.	General Concepts related to periodization	Dr. Ashish Phulkar
3.	Phases of Periodization (Preparatory, Competitional & Transitional Phases)	Dr. Ashish Phulkar
4.	Training Cycle & its Types (Micro, Meso, Macro Cycle)	Dr. Ashish Phulkar
5.	Cardiovascular Training (Benefits, Breathing Technique, Calculate Target Heart Rate Zone for various exercise intensities)	Dr. Ashish Phulkar
6.	Core Stability Training (Importance and Various Levels, Concept & Method of Aerobic, Anaerobic Fitness Programme)	Dr. Ashish Phulkar

Annexure-5(b)**CERTIFICATE PROGRAM FOR FITNESS CENTER MANAGER**Level : 12th & Above

Duration : 30 Days

**MODULE - I
INTRODUCTION**

1.	Meaning, Definitions of Fitness Centre Management	Dr. Y.S. Rajpoot
2.	Importance of Fitness Centre Manager	Dr. Y.S. Rajpoot
3.	Leadership	Dr. Y.S. Rajpoot
4.	Budget Development	Dr. Y.S. Rajpoot

**MODULE - II
ADVERTISING & MARKETING**

1.	Advertising Meaning and Importance	Dr. Krishna Kant Sahu
2.	Marketing	Dr. Krishna Kant Sahu
3.	Responsibilities of Marketing, Promotion, Advertising and Sales	Dr. Shailesh Kumar Singh
4.	Marketing and Promotion Steps for Fitness Centre Business	Dr. Shailesh Kumar Singh

**MODULE - III
ROLE OF MANAGER**

1.	Role and Responsibility of Fitness Centre Manager	Dr. Megha Sahu
2.	Traditional Managerial Functions (Planning, Organising, Leading and Controlling)	Dr. Megha Sahu
3.	Managerial Knowledge-Based Skills (Technical Skills, Human Skills and Conceptual Skills)	Dr. Megha Sahu
4.	Ideal Fitness Centre Setup	Dr. Megha Sahu

**MODULE - IV
FACILITY AND SUPERVISION**

1.	Managing a Fitness Facility	Dr. Mukesh Narwariya
2.	Maintaining and Purchasing Fitness Centre Equipment	Dr. Mukesh Narwariya
3.	Fitness Centre Safety and Supervision	Prof. Joseph Singh
4.	Definition, Nature and Function of Work Force	Dr. Sameer Kumar Yadav

**MODULE - V
HUMAN RESOURCE MANAGEMENT AND PUBLIC RELATION**

1.	Importance and Steps of Instructor Training In Human Resource Management	Dr. Gaurav Sanotra
2.	Professional Scope and Responsibility	Dr. Gaurav Sanotra
3.	Concept and Process of Public Relations	Dr. Sameer Kumar Yadav
4.	Human Resource Audit	Dr. Gaurav Sanotra

योगा ट्रेनर के लिए सर्टिफिकेट प्रोग्राम

स्तर : 11वीं और उससे नीचे

अवधि : 30 दिन

उद्देश्य : यह पाठ्यक्रम योग प्रशिक्षकों को उन्नत ज्ञानएकौशल और तकनीकों से लैस करने के लिए बनाया गया है, जो प्रभावी शिक्षण, योगिक दर्शन की समझ और पेशेवर विकास के लिए आवश्यक है। यह पाठ्यक्रम योग, उसके सिद्धांतों, और आधुनिक जीवन में उसके अनुप्रयोग की व्यापक समझ प्रदान करेगा।

MODULE - I**योग का परिचय**

1.	योग का अर्थ एवं परिभाषा	Prof. Indu Bora
2.	योग का संक्षिप्त इतिहास	Prof. Indu Bora
3.	योग के प्रकार, ज्ञानयोग- कर्मयोग, भक्तियोग,	Dr. Sambit Bhushan Yadav
4.	अष्टांग योग और उसका महत्व।	Dr. Sambit Bhushan Yadav

MODULE - II**हठ योग एवं आसन**

1.	हठ योग और उसकी उपयोगिता।	Dr. Amit Kumar
2.	मानव शरीर विज्ञान।	Dr. Amit Kumar
3.	आसन आसनों, परिभाषा, अर्थ -के प्रकार।	Dr. Payel Das
4.	प्राणायाम के प्रकार। प्राणायामों, परिभाषा, अर्थ -	Dr. Payel Das

MODULE - III**सूर्य नमस्कार**

1.	योग में स्थूल और सूक्ष्म व्यायाम का महत्व।	Dr. Sunil Deshmukh
2.	सूर्य नमस्कार एवं महत्व।	Dr. Sunil Deshmukh
3.	षट्कर्म -अर्थके प्रकार। षट्कर्मों, परिभाषा,	Dr. Moradhvaj Singh
4.	चक्रों की समझ।	Dr. Moradhvaj Singh

MODULE - IV**योग में आहार**

1.	योग में आहार की भूमिका।	Dr. Amit Kumar
2.	योग और मानसिक स्वास्थ्य।	Dr. Chhavi Jain
3.	योग चिकित्सा।	Dr. Chhavi Jain
4.	योग शिक्षण पद्धति।	Dr. Amit Kumar

MODULE - V**योग से व्यवसाय**

1.	योग से व्यवसाय।	Dr. C.P. Singh Bhati
2.	योग में उन्नत शिक्षण तकनीकें।	Dr. Moradhvaj Singh
3.	विशेष जनसंख्या के लिए योग।	Dr. C.P. Singh Bhati
4.	योग निद्रा एवं महत्व।	Dr. Moradhvaj Singh

CERTIFICATE PROGRAM FOR SPORTS FACILITY CARETAKERLevel : 11th & Below

Duration : 45 Days

**MODULE - I
INTRODUCTION TO SPORTS FACILITY**

1.	Introduction to Sports Facility	Dr. Krishna Kant Sahu
2.	Organizational Structure and Staffing	Dr. Anindita Das
3.	Space Planning and Management	Dr. Anindita Das
4.	Sports Equipment and Ancillary Areas	Dr. Shailesh Kumar Singh
5.	Health & Legal Considerations	Dr. Krishna Kant Sahu
6.	Operations and Maintenance	Dr. Krishna Kant Sahu

**MODULE - II
INDOOR FACILITY**

1.	Site Selection	Prof. Joseph Singh
2.	Floor, Walls & Ceilings	Dr. Hem Chandra Joshi
3.	Air Quality Control	Dr. Hem Chandra Joshi
4.	Doors & Windows	Dr. Hem Chandra Joshi
5.	Acoustic & Lighting	Dr. Hem Chandra Joshi
6.	Changing Rooms & Washrooms	Dr. Hem Chandra Joshi

**MODULE - III
OUTDOOR FACILITY**

1.	Basic Guidelines	Dr. Sujay Bisht
2.	Site Selection	Dr. Sujay Bisht
3.	Surfaces-Natural & Artificial	Dr. Sujay Bisht
4.	Fencing, Parking, Traffic Control	Dr. Yatendra Kumar Singh
5.	Lighting	Dr. Manoj Sahu
6.	Water Supply & Irrigation	Dr. Manoj Sahu

**MODULE - IV
SWIMMING POOL**

1.	Guidelines for Developing Swimming Pool	Dr. Manoj Sahu
2.	Basic Features of Swimming Pool	Dr. Manoj Sahu
3.	Risk Assessment	Dr. Vinita Bajpai Mishra
4.	Risk Management	Dr. Vinita Bajpai Mishra
5.	Health Hazards	Dr. Vinita Bajpai Mishra
6.	Crowd Management	Dr. Manoj Sahu

**MODULE - V
MAINTENANCE & SUPERVISION ASSESSMENT OF FACILITY**

1.	Importance of Maintenance Facility	Dr. Yatendra Kumar Singh
2.	Types of Maintenance	Dr. Yatendra Kumar Singh
3.	Supervision & Inspection of Facility	Dr. Yatendra Kumar Singh
4.	Store Keeping of Equipment	Dr. Yatendra Kumar Singh
5.	Assessment Program	Dr. Yatendra Kumar Singh
6.	Trends to keep you Ahead of the Game	Dr. Yatendra Kumar Singh

Annexure-6(a)**Invoice****SERVICE PROVIDER DETAILS:**

Address: **ASHISH BHARDWAJ SPORTS AND EDUCATION PRIVATE LIMITED**
 S-29, SCHOOL BLOCK, SHAKARPUR, East Delhi, East Delhi, DELHI, 110092
 Email Id: ashishabse@gmail.com
 Contact No : 09891186966
 GSTIN: 07AALCA3111A1ZF

GeM Invoice No: GEM-48409469
 GeM Invoice Date: 28-Sep-2024

Order No: GEMC-511687771360248
 Order Date: 21-Aug-2024

[Click here to download service provider invoice](#)

SERVICE DELIVERED TO:

Consignee Name: Avnish Sharma
 Address: Shakti Nagar, Mela Road, Gwalior GWALIOR MADHYA PRADESH 474002

Contact No: 0751-4000926-926
 GSTIN:

BILL TO:

Buyer Name: Yajuvendra Singh Rajpoot , Incharge
 Procurement Section
 Address: Shakti Nagar, Mela Road, Gwalior GWALIOR MADHYA PRADESH 474002 Department of Sports Lakshmbai National Institute of Physical Education (LNIFE) Gwalior
 GSTIN: 23AAATL4975D1ZQ
 Department: Department of Sports
 Office Zone:Gwalior
 Organisation: Lakshmbai National Institute of Physical Education (LNIFE) Gwalior
 Ministry: Ministry of Youth Affairs and Sports

Service Provider Tax Invoice Number	Service Provider Tax Invoice Date	Billing period
ABSE25PI48	28-Sep-2024	28-Aug-2024 to 28-Aug-2024

Place of Supply	Place of Supply State (State/UT Code)	Supply Type	Buyer GSTIN Number
Buyer Location	Madhya Pradesh / 23	Inter-State	23AAATL4975D1ZQ

Service Name	SAC Code
Custom Bid for Services - video content prepare	998443
total inclusive all Taxes	1800000.00
Service Non Delivery Deduction	0.00
Taxable Amount	1525424.00
Tax Rate (%)	18.00
IGST	274576.32
Cess Rate (%)	0.000
Cess Amount	0.00
Cess in Quantum	0.00
Rounding Off	-0.32
Total Price inclusive all Taxes	1800000.00
Grand Total	1800000.00

I/We hereby declare that our firm/company has been specifically excluded from the requirement to comply with GST e-invoicing provisions vide Notification number 13/2020-Central Tax dated 21 March 2020, as amended up to date. Accordingly, at present,

we are not covered under the ambit of GST e-invoicing provisions. We do hereby declare that once the said provisions are made applicable to us, we shall issue the duly complied e-Invoice under GST Law.

All GST invoice or document issued by us shall be properly and timely reported under respective returns under GST by us in line with the notified provisions and the applicable tax collected from Buyer shall be timely and correctly paid to the respective Government by us.

In case the Input Tax Credit of GST is denied or demand is recovered from Buyer on account of any act/omission of us in this regard, we shall be liable in respect of all claims of tax, penalty and/or interest, loss, damages, costs, expenses and liability that may arise due to such non-compliance. Buyer shall have the right to recover such amount from any payments due to us or from Performance Security, or any other legal recourse from us.

INK SIGNED SIGNATURES ARE NOT REQUIRED IN SYSTEM GENERATED DOCUMENTS

Annexure-6(b)



Ashish Bhardwaj Sports & Education Pvt. Ltd.
CIN: U74900DL2012PTC246639
111, New Delhi House, Barakhamba Road,
New Delhi 110001

GSTN : 07AALCA3111A1ZF
State Code : 7
Email ID : ab@abse.in
Contact No : 9891186966
Company's PAN : AALCA3111A

To:
LNIPE,
Gwalior, MP

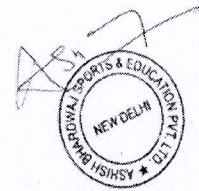
Invoice No. : ABSE/24-25/PI 71
Date : 5/Nov/2024
Place of Supply : MP

S.No.	RESET - E learning content	Qty	Fee - INR	Amount
1	Shoot,Edit, Animation, Gfx	100	1,525,424	1,525,424
TOTAL				1,525,424
			IGST	18%
				274,576
				-
				-
Total Invoice Amount				1,800,000

Reverse Charge Applicability: No

Banker's Details:

Bankers : HDFC Bank Limited
Branch : Hargobind Enclave
Ben Name : Ashish Bhardwaj Sports and Education Private Limited
A/c Type : Current
A/c No. : 04818140000086
IFSC Code : HDFC0000481



This is a system generated invoice that does not requires authentication.

RETIRED SPORTSPERSON EMPOWERMENT (RESET) SCHEME

CERTIFICATE PROGRAM FOR STRENGTH & CONDITIONING TRAINER

MODULE - I

INTRODUCTION TO STRENGTH AND CONDITIONING

Srn	Topic	Duration
1.	Components of Wellness	04:08
2.	Components of Physical Fitness	06:16
3.	Meaning & Definition of Strength Training	02:00
4.	Importance of Strength Training	03:04
5.	Principles of Fitness & Wellness.	04:08
6.	Concept of Holistic Fitness & Its Development (Mind, Body & Spirit- Yoga, Taichi, Music)	02:56

MODULE - II

INTRODUCTION AND FUNDAMENTAL OF SPORTS TRAINING

Srn	Topic	Duration
1.	Principle of Strength Training	04:20
2.	Importance of Warming up	01:53
3.	Types and Methods of Warming up	02:14
4.	Importance of Cooling Down	01:14
5.	Types and Methods of Cooling Down	01:40
6.	Principles of Training (Specificity, Overload and Progression)	03:32

MODULE - III

DEVELOPMENT OF STRENGTH AND SPEED

Srn	Topic	Duration
1.	Meaning and Concept of Strength	02:20
2.	Types of Strength	02:22
3.	Methods and Development of Strength	02:13
4.	Meaning and Concept of Speed	01:07
5.	Types of Speed	01:40
6.	Methods and Development of Speed	02:24

MODULE - IV

DEVELOPMENT OF ENDURANCE AND FLEXIBILITY

Srn	Topic	Duration
1.	Meaning and Concept of Endurance	01:06
2.	Types of Endurance	01:32
3.	Methods and Development of Endurance	01:55
4.	Meaning and Concept of Flexibility	01:26
5.	Types of Flexibility	01:49
6.	Methods and Development of Flexibility	01:57

MODULE - V

PERIODIZATION & FORMULATION OF PROGRAM

Srn	Topic	Duration
1.	FITT and SMART Principles of Weight/Resistance Training	05:19
2.	General Concepts related to periodization	05:09
3.	Phases of Periodization (Preparatory, Competitive & Transitional Phases)	06:38
4.	Training Cycle & its Types (Micro, Meso, Macro Cycle)	07:00
5.	Cardiovascular Training (Benefits, Breathing Technique, Calculate Target Heart Rate Zone for various exercise intensities)	17:33
6.	Core Stability Training (Importance and Various Levels, Concept & Method of Aerobic, Anaerobic Fitness Programme)	09:19

RETIRED SPORTSPERSON EMPOWERMENT (RESET) SCHEME**CERTIFICATE PROGRAM FOR FITNESS CENTER MANAGER****MODULE - I****INTRODUCTION**

Srn	Topic	Duration
1.	Meaning, Definitions of Fitness Centre Management	07:44
2.	Importance of Fitness Centre Manager	06:59
3.	Leadership	03:43
4.	Budget Development	04:40

MODULE - II**ADVERTISING & MARKETING**

Srn	Topic	Duration
1.	Advertising Meaning and Importance	03:53
2.	Marketing	03:33
3.	Responsibilities of Marketing, Promotion, Advertising and Sales	06:56
4.	Marketing and Promotion Steps for Fitness Centre Business	06:28

MODULE - III ROLE**OF MANAGER**

Srn	Topic	Duration
1.	Role and Responsibility of Fitness Centre Manager	07:07
2.	Traditional Managerial Functions (Planning, Organising, Leading & Controlling)	10:26
3.	Managerial Knowledge-Based Skills (Technical Skills, Human Skills & Conceptual Skills)	07:53
4.	Ideal Fitness Centre Setup	05:38

MODULE - IV**FACILITY AND SUPERVISION**

Srn	Topic	Duration
1.	Managing a Fitness Facility	05:37
2.	Maintaining and Purchasing Fitness Centre Equipment	06:41
3.	Fitness Centre Safety and Supervision	06:01
4.	Definition, Nature and Function of Work Force	10:12

MODULE - V**HUMAN RESOURCE MANAGEMENT AND PUBLIC RELATION**

Srn	Topic	Duration
1.	Importance and Steps of Instructor Training In Human Resource Management	06:50
2.	Professional Scope and Responsibility	04:48
3.	Concept and Process of Public Relations	06:44
4.	Human Resource Audit	03:42

सेवानिवृत्त खिलाड़ी सशक्तिकरण योजना (रीसेट)

योगा ट्रेनर के लिए सर्टिफिकेट प्रोग्राम

MODULE - I

योग का परिचय

Srn	Topic	Duration
1.	योग का अर्थ एवं परिभाषा	04:16
2.	योग का संक्षिप्त इतिहास	03:46
3.	योग के प्रकार ज्ञानयोग- कर्मयोग भक्तियोग,	04:35
4.	अष्टांग योग और उसका महत्व	04:13

MODULE - II

हठ योग एवं आसन

Srn	Topic	Duration
1.	हठ योग और उसकी उपयोगिता	03:46
2.	मानव शरीर विज्ञान	03:05
3.	आसन, आसन परिभाषा, अर्थ-प्रकार	06:41
4.	प्राणायाम, प्राणायाम के प्रकार, परिभाषा, अर्थ	05:02

MODULE - III

सूर्य नमस्कार

Srn	Topic	Duration
1.	योग में स्थूल और सूक्ष्म व्यायाम का महत्व	04:07
2.	सूर्य नमस्कार एवं महत्व	06:19
3.	पट्टकर्म अर्थात् पट्टकर्मों के प्रकार, परिभाषा	05:07
4.	चक्रों की समझ	05:30

MODULE - IV

योग में आहार

Srn	Topic	Duration
1.	योग में आहार की भूमिका	04:35
2.	योग और मानसिक स्वास्थ्य	03:47
3.	योग चिकित्सा	04:13
4.	योग शिक्षण पद्धति	06:32

MODULE - V

योग से व्यवसाय

Srn	Topic	Duration
1.	योग से व्यवसाय	03:33
2.	योग में उन्नत शिक्षण तकनीक	03:28
3.	विशेष जनसंख्या के लिए योग	06:24
4.	योग निद्रा एवं महत्व	04:09

RETIRED SPORTSPERSON EMPOWERMENT (RESET) SCHEME**CERTIFICATE PROGRAM FOR SPORTS FACILITY CARETAKER****MODULE - I
INTRODUCTION TO SPORTS FACILITY**

Srn	Topic	Duration
1.	Introduction to Sports Facility	02:20
2.	Organizational Structure and Staffing	06:27
3.	Space Planning and Management	06:44
4.	Sports Equipment and Ancillary Areas	03:38
5.	Health & Legal Considerations	03:16
6.	Operations and Maintenance	02:20

**MODULE - II
INDOOR FACILITY**

Srn	Topic	Duration
1.	Site Selection	04:45
2.	Floor, Walls & Ceilings	04:40
3.	Air Quality Control	05:10
4.	Doors & Windows	03:10
5.	Acoustic & Lighting	05:30
6.	Changing Rooms & Washrooms	05:12

**MODULE - III
OUTDOOR FACILITY**

Srn	Topic	Duration
1.	Basic Guidelines	05:44
2.	Site Selection	06:02
3.	Surfaces-Natural & Artificial	05:54
4.	Fencing, Parking, Traffic Control	05:39
5.	Lighting	04:50
6.	Water Supply & Irrigation	05:06

**MODULE - IV
SWIMMING POOL**

Srn	Topic	Duration
1.	Guidelines for Developing Swimming Pool	08:52
2.	Basic Features of Swimming Pool	06:13
3.	Risk Assessment	04:37
4.	Risk Management	08:45
5.	Health Hazards	08:04
6.	Crowd Management	07:11

**MODULE - V
MAINTENANCE & SUPERVISION ASSESSMENT OF FACILITY**

Srn	Topic	Duration
1.	Importance of Maintenance Facility	03:53
2.	Types of Maintenance	07:52
3.	Supervision & Inspection of Facility	05:03
4.	Store Keeping of Equipment	03:15
5.	Assessment Program	03:13
6.	Trends to keep you Ahead of the Game	03:28

**RETIRED SPORTSPERSON EMPOWERMENT (RESET) SCHEME
CERTIFICATE PROGRAM FOR STRENGTH & CONDITIONING TRAINER
TIME TABLE W.E.F. 12.11.2024**

DATE [DAY]	PRACTICAL CLASS [06:30 am to 08:00 am]	THEORY CLASS-I [10:30 am to 11:55 am]	THEORY CLASS-II [12 noon to 01:23 pm]	PRACTICAL CLASS [04:00 pm to 05:30 pm]
12.11.2024 [Tuesday]	—	Type of Strength [Dr. Padmakar]	Concept of Holistic Fitness & its Development [Dr. Payel Das]	Ramp Protocol [Mr. Gaurav Ridla]
13.11.2024 [Wednesday]	Strength Training [Mr. Rohit Bahuguna]	Importance of Warm-up and Cooling Down [Dr. Narendra Yadav]	Types and Methods of Cooling Down & Warm-up [Dr. Manoj Sahu]	Cooling Down & Warm-up [Dr. Manoj Sahu]
14.11.2024 [Thursday]	High Intensity Training [Mr. Rohit Bahuguna]	Meaning, Definition & Importance of Strength Training [Prof. Joseph Singh]	Components of Wellness and Principles of Fitness & Wellness [Dr. Payel Das]	FITT & SMART Principles of Weight/Resistance Training [Mr. Rohit Bahuguna]
15.11.2024 [Friday]	Agility Training [Mr. Gaurav Ridla]	Concept of Physical Fitness [Dr. Mukesh Narwariya]	Principle of Sports Training [Dr. Rahul H. Kanojiya]	Yoga [Dr. Sunil Deshmukh]
16.11.2024 [Saturday]	Cardiovascular Training [Mr. Gaurav Ridla]	Meaning and Concept of Speed and Size of Speed [Dr. Y.S. Rajpoot]	Concept of Yoga [Dr. Nibu R. Krishna]	Speed Training [Dr. Y.S. Rajpoot]
18.11.2024 [Monday]	Basic Drills [Mr. Gaurav Ridla]	Methods and Development of Strength [Dr. Sameer Kumar Yadav]	Meaning and Concept of Endurance [Dr. Padmakar]	Strength Training [Dr. Mukesh Narwariya]
19.11.2024 [Tuesday]	Stability Training [Mr. Gaurav Ridla]	Planning of Schedule [Dr. Sachin Gupta]	High Intensity Training [Mr. Rohit Bahuguna]	Flexibility Training [Dr. Amar Kumar]
20.11.2024 [Wednesday]	Mobility Training [Mr. Rohit Bahuguna]	Training Cycle & its Types [Dr. Y.S. Rajpoot]	General Concepts related to Periodization [Dr. Sameer Kumar Yadav]	Drills of Speed Training [Mr. Gaurav Ridla]
21.11.2024 [Thursday]	Body Weight Exercise [Mr. Gaurav Ridla]	Phases of Periodization [Dr. Sameer Kumar Yadav]	Calculate Target Heart Rate Zone for Various Exercise Intensities [Dr. Ashish Phulkar]	Yoga [Dr. Nibu R. Krishna]
22.11.2024 [Friday]	Kick Boxing [Mr. Rohit Bahuguna]	Aerobics [Dr. Megha Sahu]	Method and Development of Speed [Dr. Y.S. Rajpoot]	Aerobics Practical [Dr. Megha Sahu]
23.11.2024 [Saturday]	Endurance Training [Dr. Narendra Yadav]	Administration of various Tests [Dr. Sachin Gupta]	Anaerobic Fitness Programme [Dr. Ashish Phulkar]	Fitness Drills [Dr. Ashish Phulkar]
25.11.2024 [Monday]	Endurance Testing [Mr. Gaurav Ridla]	Meaning & Concept of Flexibility and Type of Flexibility [Dr. Amar Kumar]	Cardiovascular Training [Dr. Ashish Phulkar]	Power Testing [Dr. Mukesh Narwariya]
26.11.2024 [Tuesday]	Core Stability Training [Dr. Y.S. Rajpoot]	Types of Strength [Dr. Rahul H. Kanojiya]	Planning of Schedule-II [Dr. Sachin Gupta]	Circuit Training [Dr. Sachin Gupta]

INTERNSHIP TIME TABLE W.E.F. 27.11.2024

27.11.2024 [Wednesday]	28.11.2024 [Thursday]	29.11.2024 [Friday]	30.11.2024 [Saturday]	02.12.2024 [Monday]	03.12.2024 [Tuesday]	04.12.2024 [Wednesday]	05.12.2024 [Thursday]	06.12.2024 [Friday]
Mr. Gaurav Ridla	Mr. Shubham Singh (Athletic Coach)	Mr. Gaurav Ridla	Mr. Gaurav Ridla	Mr. Gaurav Ridla	Mr. Shubham Singh (Athletic Coach)	Mr. Gaurav Ridla	Mr. Sachin Gupta	Mr. Gaurav Ridla

(Signature)
(Dr. Sachin Gupta)
Course - Coordinator

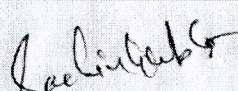
(Signature)
(Dr. Krishna Kant Sahu)
RESET-Coordinator


RETIRED SPORTSPERSON EMPOWERMENT (RESET) SCHEME**CERTIFICATE PROGRAM FOR FITNESS CENTER MANAGER****TIME TABLE W.E.F. 20.11.2024**

DATE [DAY]	THEORY CLASS-I [10:30 am to 11:55 am]	THEORY CLASS-II [12 noon to 01:23 pm]
20.11.2024 [Wednesday]	Introduction of Certificate Program for Fitness Center Manager [Dr. K.K. Sahu]	Meaning, Definitions of Fitness Centre Management [Dr. Mukesh Narwariya]
21.11.2024 [Thursday]	Advertising Meaning and Importance [Dr. Krishna Kant Sahu]	Role and Responsibility of Fitness Centre Manager [Dr. Megha Sahu]
22.11.2024 [Friday]	Financial Management [Mr. A.K. Mishra]	Managing a Fitness Facility and Maintaining & Purchasing Fitness Centre Equipment [Dr. Mukesh Narwariya]
23.11.2024 [Saturday]	Importance of Fitness Center Manager [Dr. Y.S. Rajpoot]	Fitness Centre Safety and Supervision [Dr. Mukesh Narwariya]
25.11.2024 [Monday]	Ideal Fitness Centre Setup [Dr. Mukesh Narwariya]	Importance of Fitness Centre Manager [Dr. Megha Sahu]
26.11.2024 [Tuesday]	Budget Development [Mr. A.K. Mishra]	Human Resource Audit [Mr. Shubham Singh]
27.11.2024 [Wednesday]	Responsibilities of Marketing, Promotion, Advertising and Sales [Mr. A.K. Mishra]	Professional Scope and Responsibility [Mr. Shubham Singh]
28.11.2024 [Thursday]	Concept and Process of Public Relations [Dr. Sameer Kumar Yadav]	Marketing and Promotion steps for Fitness Centre Business [Mr. A K Mishra]
29.11.2024 [Friday]	Importance and Steps of Instructor Training in Human Resource Management [Dr. Sameer Kumar Yadav]	Leadership [Dr. Y.S. Rajpoot]

INTERNSHIP TIME TABLE W.E.F. 30.11.2024

30.11.2024 [Saturday]	02.12.2024 [Monday]	03.12.2024 [Tuesday]	04.12.2024 [Wednesday]	05.12.2024 [Thursday]	06.12.2024 [Friday]
Dr. Krishna Kant Sahu	Dr. Mukesh Narwariya	Dr. Mukesh Narwariya	Dr. Mukesh Narwariya	Dr. Mukesh Narwariya	Dr. Mukesh Narwariya


(Dr. Sachin Gupta)
Course - Coordinator


(Dr. Krishna Kant Sahu)
RESET-Coordinator

RETIRED SPORTSPERSON EMPOWERMENT (RESET) SCHEME

CERTIFICATE PROGRAM FOR YOGA TRAINER

TIME TABLE W.E.F. 20.11.2024

DATE [DAY]	PRACTICAL CLASS [06:30 am to 08:00 am]	THEORY CLASS-I [10:30 am to 11:55 am]	THEORY CLASS-II [12 noon to 01:23 pm]	PRACTICAL CLASS [04:00 pm to 05:30 pm]
20.11.2024 [Wednesday]	—	योग का अर्थ, परिभाषा एवं योग का संक्षिप्त इतिहास [Dr. Sunil Deshmukh]	योग के प्रकार - ज्ञान योग, कर्मयोग एवं भक्तियोग [Dr. Sambit]	Dr. Sunil Kumar Deshmukh
21.11.2024 [Thursday]	Dr. Amit Kumar	अष्टांग योग और उसका महत्व [Dr. Sambit]	हठ योग और उसकी उपयोगिता [Dr. Amit]	Dr. Sambit
22.11.2024 [Friday]	Dr. Sunil Kumar Deshmukh	योग में आहार की भूमिका [Dr. Chhavi Jain]	षट्कर्म का स्वास्थ्य में योगदान [Ms. Archana]	Dr. Payel Das
23.11.2024 [Saturday]	Ms. Archana	योग का मानव शरीर क्रिया विज्ञान पर प्रभाव [Dr. Moradhvaj Singh]	सूर्य नमस्कार का महत्व [Dr. Sunil Kumar Deshmukh]	Dr. Sambit
25.11.2024 [Monday]	Dr. Amit Kumar	योग में स्थूल एवं सूक्ष्म व्यायाम का महत्व [Dr. Sunil Kumar Deshmukh]	योग में षट्पदों का महत्व [Dr. Sunil Kumar Deshmukh]	Dr. Sunil Kumar Deshmukh
26.11.2024 [Tuesday]	Dr. Moradhvaj Singh	योग में मानसिक स्वास्थ्य [Dr. Nibu R. Krishna]	आसन का अर्थ, परिभाषा, प्रकार एवं लाभ [Dr. Payel Das]	Dr. Chhavi Jain [Naturopathy Practical]
27.11.2024 [Wednesday]	Dr. Sunil Kumar Deshmukh	योग चिकित्सा का महत्व [Dr. Chhavi Jain]	प्राणायाम का अर्थ, परिभाषा, प्रकार एवं लाभ [Dr. Payel Das]	Dr. Payel Das
28.11.2024 [Thursday]	Dr. Payel Das	योग में शिक्षण पद्धति [Dr. Payel Das]	योग में व्यवसाय एवं उन्नत शिक्षण तकनीकें [Dr. Amit Kumar]	Dr. Chhavi Jain [Naturopathy Practical]
29.11.2024 [Friday]	Dr. Amit Kumar	विशेष जनसंख्या के लिये योग [Dr. Nibu R. Krishna]	योग निद्रा का स्वास्थ्य में योगदान [Dr. Moradhvaj Singh]	Dr. Moradhvaj Singh

INTERNSHIP TIME TABLE W.E.F. 30.11.2024

30.11.2024 [Saturday]	02.12.2024 [Monday]	03.12.2024 [Tuesday]	04.12.2024 [Wednesday]	05.12.2024 [Thursday]	06.12.2024 [Friday]
Dr. Sunil Kumar Deshmukh	Dr. Sunil Kumar Deshmukh	Dr. Sunil Kumar Deshmukh	Dr. Sunil Kumar Deshmukh	Dr. Sunil Kumar Deshmukh	Dr. Sunil Kumar Deshmukh

(Signature)

(Dr. Sachin Gupta)
Course - Coordinator

Annexure-7(c)

(Signature)

(Dr. Krishna Kant Sahu)
RESET-Coordinator

