

JUDO FEDERATION OF INDIA
National Diploma in Coaching – 2021 (JFI NDIC)

Tentative Schedule of Online Classes – 2021 (Edition : 05/05/2021)

Category	Date	Time	Particulars	By
Level – 1 Level – 2 Level - 3	15 th May 2021 (Saturday)	09:30 a.m.	Introduction of NDIC	Mr. Arun Dwivedi , Vice-Chairman, JFI TC
		09:40 a.m.	Introduction of Experts	Mr. Jiwan Kumar Sharma, Dronacharya Awardee
		09:50 a.m.	Speech	Dr. Ashok Ahuja & Shri. J.G. Shrrma, Retd. SAI
		10:15 a.m.	Opening address	Shri. Partap Singh Bajwa, MP (RS), President, JFI
		10:30 a.m. 12:00 noon	Session – 1 Strength and Conditioning	Sh. Sherin Poojari, Exercise Scientist (Griffith University, Australia & Australian Fitness Academy)
Level – 1 Level – 2 Level - 3	16 th May 2021 (Sunday)	09:30 ~ 11.00. a.m.	Session – 2 Strength and Conditioning	Sh. Sherin Poojari, Exercise Scientist (Griffith University, Australia & Australian Fitness Academy)
Level – 1 Level – 2 Level - 3	22 nd May 2021 (Saturday)	09:30 ~ 11.00. a.m.	Session – 3 Long Term Athlete Development in Judo	Dr. Digpal Singh Ranawat PT,DOMP Director, ABTP Centres
Level – 1 Level – 2 Level - 3	23 rd May 2021 (Sunday)	09:30 ~ 11.00. a.m.	Session – 4 Science Behind Building an Athlete	Dr. Digpal Singh Ranawat PT,DOMP Director, ABTP Centres
Level – 1 Level – 2 Level - 3	29 th May 2021 (Saturday)	09:30 ~ 11.00. a.m.	Session – 5 Nutrition and Hydration	Dr. Shashikant Goswami Sr. Scientific officer cum Scientific Director
Level – 1 Level – 2 Level - 3	30 th May 2021 (Sunday)	09:30 ~ 11.00. a.m.	Session – 6 Nutrition and Hydration	Dr. Shashikant Goswami Sr. Scientific officer cum Scientific Director
Level – 1 Level – 2 Level - 3	5 th June 2021 (Saturday)	09:30 ~ 11.00. a.m.	Session – 7 Anti – Doping Components (information, sanctions, side-effects of use of banned drugs, and procedure of collecting samples for dope testing etc.)	Dr. Ashok Ahuja, Ex – HOD Sports Medicine SAI, Former member of Governing Body of NADA. Presently with BCCI and Spotify International, Sporting Ethos and Lead Doping officer of IDTM, Sweden

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Level – 1 Level – 2 Level - 3	6 th June 2021 (Sunday)	09:30 ~ 11.00. a.m.	Session – 8 Bio-Chemistry (Awareness to understand the lipid profile of a Athlete)	Dr. Vinay Malik (Professor Medical college Kangra, H.P.)
Level – 1 Level – 2 Level - 3	12 th June 2021 (Saturday)	09:30 ~ 11.00. a.m.	Session – 9 Bio mechanical Consideration & injuries in judo- Prevalence, Types, Location, causes & mechanism of injuries in judo, Differentiating Indian Judoka with other countries (Global and Indian trends with regards to injury & associated variables)	Sh. Dhananjay Kaushik (Head Physio- IIS and Delhi Capital)
Level – 1 Level – 2 Level - 3	13 th June 2021 (Sunday)	09:30 ~ 11.00. a.m.	Session – 10 Prevention of injuries in judo- evaluation and assessment of a Judoka, severity of injuries, time-loss & prevention strategies (an interdisciplinary approach)	Sh. Dhananjay Kaushik (Head Physio- IIS and Delhi Capital)

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Note:

- 1] The link for Online Class via Zoom will be sent to all the accredited participants to their registered Email and WhatsApp Number.
- 2] All the accredited participants required to download the Aap ZOOM from the respective Ply store.
- 3] All the participants must be logged in latest by 9.20.a.m., to start the classes in time.
- 4] Make notes about the classes and questions / doubts if any.

Code of Conduct:

All the participants should adhere the following discipline / rules during the Online classes, failing which he/she may be suspended from the class/NDIC:

- a] Select a profile picture that is appropriate for attending an **online** class.
- b] Avoid using unwanted comments, emoticons, slang, etc. during the class
- c] Obey directions from teaching and administrative staff
- d] Respect and treat others fairly, and Demonstrate honesty and integrity.
- e] Respect the differences in people, their ideas and opinions.