

JUDO FEDERATION OF INDIA

National Diploma in Coaching – 2021 (JFI NDIC)

Tentative Schedule of Online Classes – 2021 (Edition : 01/06/2021)

Category	Date	Time	Particulars	By
Level–1 Level–2 Level - 3	19, June 2021 (Saturday)	09:30 ~ 11.00. a.m.	Session – 11 Age verification skeletal maturity methods & importance	Dr. Ashok Ahuja, Former 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
Level–1 Level–2 Level - 3	20 June, 2021 (Sunday)	16:00 ~ 17.30. p.m.	Session – 12 Exercise Testing	Sh. Sherin Poojari, Exercise Scientist
Level–1 Level–2 Level - 3	26 June, 2021 (Saturday)	09:30 ~ 11.00. a.m.	Session – 13 Psychology (Motivation)	Dr. Deepak Misra Scientific officer SAI NS NIS Patiala
Level–1 Level–2 Level - 3	27 June, 2021 (Sunday)	09:30 ~ 11.00. a.m.	Session – 14 S&C Practical Demo of exercises (Means & methods)	Mr. Sagar Diwan S & C Expert Junior National Gold, Senior Bronze & 3 times Inter-university Gold medallist. Australian S& C level 2, Cross Fit level-2, Mytpi (titled) Performance Institute level-2. Personal trainer of many cricket star like Yuvraj Singh...
Level–1 Level–2 Level - 3	3 July, 2021 (Saturday)	09:30 ~ 11.00. a.m.	Session – 15 Female Athlete (issues related to Female Judokas)	Dr. S.R. Sarala (Dean Sports Science SAI NS NIS Patiala)

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 App ZOOM from the respective Play 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.