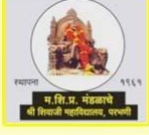


Marathwada Shikshan Prasarak Mandal's  
**Shri Shivaji College, Parbhani &  
Maharashtra KHO KHO Association**

Jointly Organized



**Online Workshop**  
for basic **KHO-KHO** Coaching



**SKIP CORONA**

**-: Contents :-**

**History & Development of Kho-Kho,  
Sports Psychology - Motivation, Confidence,  
Concentration, Stress & Anxiety,  
Exercise (Before & After), Affensive Skills, Diffensive Skills,  
Shadow Practice & Tips,**

**Common Injuries in Kho-kho & their Prevention & Rehabilitation,  
Ideal Diet for Kho-kho Players, Conclusion.**

from  
**5 may 2020**



**Facilitators and Mentors**

Hon. Adv. Balasaheb Jamkar  
President PDKKA

Dr. Balasaheb Jadhav  
Principal, Shri Shivaji College, Parbhani

Dr. Chandrajit Jadhav  
Joint Secretary KKFI

Adv. Govind Sharma  
Secretary MKKA

● Coordinator : Dr. Santosh Sawant Mo. 9823144533

● Cotact for Details : Prof. Santosh Kokil Mo. 9860986071

# Maharashtra Kho-Kho Association &

MSP Mandal's

## Shri Shivaji College, Parbhani

Jointly Organized



### Online Workshop on Basic KHO-KHO Coaching

Date	Time	Subject	Resource Person
05 May 2020	12.00 pm to 12.40 pm	History & Development of Kho-Kho	Adv. Arun Deshmukh Mumbai 
06 May 2020	11.00 am to 11.40 am	Sports Psychology - Motivation, Confidence, Concentration Stress & Anxiety	Prof. Dr. Ameet D. Prabhu Pune 
07 May 2020	11.00 am to 12.00 pm	Rules & Measurements	Dr. Narendra Kunder Mumbai 
08 May 2020	11.00 am to 12.00 pm	Exercise : Before & After	Shri. Pravin Chalak Parbhani 
09 May 2020	11.00 am to 12.00 pm	Offensive skills	Shri. Sanjay Mundhe NIS Coach, Parbhani 
10 May 2020	11.00 am to 11.30 am	Defensive Skills	Dr. Prashant Inamdar Sangli 
	11.30 am to 11.50 am	Shadow Practice & Tips	Shri. Bipin Patil Pune 
11 May 2020	11.00 am to 11.40 am	Common Injuries in Kho-Kho : Their Prevention & Rehabilitation	Dr. Ameet Ravhate Miraj 
12 May 2020	11.00 am to 11.30 am	Ideal Diet for Kho-Kho Players	Dr. Jyoti Solunke Parbhani 
13 May 2020	11.00 am to 11.30 am	Conclusion	Dr. Chandrajit Jadhav Osmanabad 

#### Facilitators & Mentors

Hon. Adv. Balasaheb Jamkar  
President PDKKA

Dr. Balasaheb Jadhav  
Principal, Shri College, Parbhani

Dr. Chandrajit Jadhav  
Joint Secretary KKF1

Adv. Govind Sharma  
Secretary MKKA

#### • Coordinator •

**Dr. Santosh Sawant**  
Cell : 9823144533



#### • Organizing Secretary •

**Prof. Santosh Kokil**  
Cell : 9860986071