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

Online Workshop
for basic KHO-KHO Coaching

Contents:
- History & Development of Kho-Kho,
- Sports Psychology - Motivation, Confidence,
- Concentration, Stress & Anxiety,
- Exercise (Before & After), Offensive Skills, Defensive Skills,
- Shadow Practice & Tips,
- Common Injuries in Kho-kho & their Prevention & Rehabilitation,
- Ideal Diet for Kho-kho Players, Conclusion.

Facilitators and Mentors

Hon. Adv. Balasaheb Jamkar  
President PDKKA

Dr. Balasaheb Jadhav  
Principal, Shri Shivaji College, Parbhani

Dr. Chandrajit Jadhav  
Joint Secretary KMFA

Adv. Govind Sharma  
Secretary MKFA

Coordinator: Dr. Santosh Sawant  Mo. 9823144533
Contact for Details: Prof. Santosh Kokil  Mo. 9860986071
# Online Workshop on Basic KHO-KHO Coaching

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

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