

SELF-DEFENSE ONLINE WEBINAR FOR COACHES AND PLAYERS



ASSOCIATED WITH
HOSTED BY



HOST TRAINER:
PROFESSOR MITHLESH KUMAR

DATE: 9th MAY 2026 | TIMING: 7:00 PM IST

PLATFORM: GOOGLE MEET | FEE: 599/-

SPECIAL GUEST



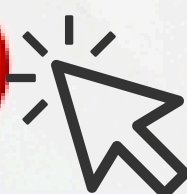
Dr Deepak Kumar Dogra

**Secretary, University Sports Board,
Banaras Hindu University, Varanasi (UP)**

KEY TOPICS

: Enhancement of Skills, Tactical Techniques,
Situational Awareness, Booster for Player Confidence

REGISTER NOW



8882306473

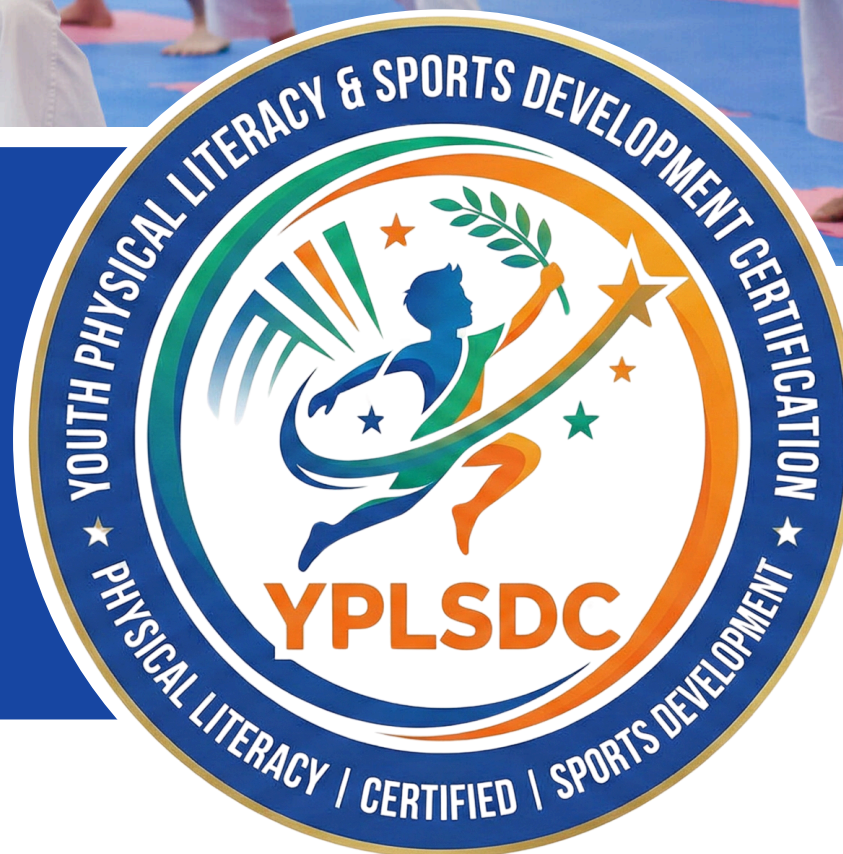


www.liftupsports.in



WELCOME TO ONLINE SELF-DEFENSE COACHES DEVELOPMENT PROGRAM

V-1



Key Benefits for Coaches and students.

1. Upgrade Coaching Skills

Learn modern self-defence techniques and teaching methods that can be directly applied in training sessions.

2. Stay Updated with Latest Trends

Understand current safety strategies, real-life scenario training, and evolving self-defence practices.

3. Enhance Athlete Safety Training

Gain knowledge to better prepare students (especially women and youth) for real-world situations.

4. Add Value to Your Coaching Profile

Certification or participation strengthens your professional credibility and coaching portfolio.

5. Learn Structured Training Methods

Get access to session planning, drills, and curriculum ideas for effective coaching.

6. Expand Career Opportunities

Open doors for workshops, school programs, and self-defence seminars.

7. Network with Other Coaches

Connect with like-minded professionals, share experiences, and build collaborations.

8. Improve Confidence & Leadership

Develop better communication, instruction, and leadership skills as a coach.

9. Flexible & Accessible Learning

Attend from anywhere, save travel time, and learn at your convenience.

10. Practical & Real-Life Application

Focus on realistic defence techniques that can be taught easily to different age groups



ABOUT LIFT UP SPORTS FOUNDATION

Greetings from the Lift Up Sports Foundation (LUSF), a registered ISO 9001:2015-certified non-profit sports organization under the Ministry of Corporate Affairs (CIN: U85300JH2022NPL018108).

We are dedicated to empowering youth and uplifting communities through sports. In collaboration with various federations and state associations, we actively work on sports development initiatives for youth, coaches, and students aspiring to build careers as professional coaches and athletes.

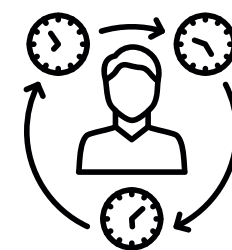
Through our programs, we aim to create strong pathways for skill development, performance enhancement, and professional growth by connecting athletes and coaches with the right guidance and opportunities.

We are pleased to invite you to join our Certified Online Self-Defense & Coaching Development Webinar, designed especially for coaches to upgrade their technical knowledge, teaching methodologies, and professional skills.

This program will help you:

- Enhance your coaching techniques and training methods
- Gain practical knowledge of modern self-defence strategies
- Strengthen your professional profile with certification
- Connect with experienced coaches and industry experts

Join us in this initiative to grow, learn, and contribute to the development of future champions. We look forward to your participation and support.



7:00pm

ABOUT PROGRAM SCHEDULE



Program Introduction

Participants' attendance and briefing about the program and about our chief guest and co-guest along with the Federation educator.

10
MINUTES



Chief guest speaker

Dr Deppak Kumar Dogra
DEPARTMENT OF PHYSICAL EDUCATION, FACULTY OF ARTS, BHU VARANAS

10
MINUTES



Technical Theory and practical

60% Theory Shared by Dr Mithles Kumar
40% Practical Tactics

90
MINUTES



Question and Answer

Basic questions and answers related to self-defense and future development growth in sports sector discussion.

15/20
MINUTES



Collect your professional certificate.

After the evaluation, the administration team will process the certificate based on attendance.

NEXT
DAY IN YOUR
EMAIL

Our team

Revised Version:

The Backend Team of Lift Up Sports Foundation for the Self-Defense Webinar 2026 is dedicated to supporting you throughout the program. Our associated team members are always ready to assist you step-by-step in case any technical support is required.

Abhishek Kumar

PHD SCHOLAR, PROGRAM COORDINATOR,
COACHES MENTOR.



Vivek Soni

IOC & FIT INDIA BRAND AMBASSADOR
COACHES MENTOR



Priyanka

CO-HOST TRAINING PARTNER



SYLVESTER HEMBROM

DIRECTOR OF LUSF





ASSOCIATED PARTNERS



Thank You For Your Attention



We are committed to supporting your professional sports journey.

Register now to secure your spot in this one-day online webinar. Seats are limited and will be allotted on a first-come, first-served basis.

We look forward to your positive response and participation.

For registration or any queries, please use the details provided below. Simply click the link to connect with our support team.

CLICK BELOW FOR THE PROCESS & SUPPORT



8882306473 - 9871149079 FOR CHAT



For Participation Registration, CLICK HERE



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