

**Government of India  
Ministry of Youth Affairs & Sports  
Department of Sports**

**LOK SABHA  
UNSTARRED QUESTION NO.5836  
TO BE ANSWERED ON 30.03.2026**

**Performance of RESET Programme in Maharashtra**

**5836. ADV GOWAAL KAGADA PDAVI:**

**Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:**

**(a) the number of beneficiaries under the Retired Sportsperson Empowerment Training (RESET) Programme from Maharashtra, since its inception, State/UT-wise and district-wise;**

**(b) whether the Government has assessed that the eligibility criteria and selection process may exclude many retired sportspersons from rural districts who lack national-level exposure despite genuine need for rehabilitation and if so, the details thereof;**

**(c) the details of training modules, language accessibility, internships and placement outcomes provided in Maharashtra and whether any local industry or Micro, Small and Medium Enterprises (MSMEs) linkages exist in the districts, such as Sangli, Solapur, Nandurbar, Bhandara and Dhule;**

**(d) whether any independent monitoring, outcome evaluation or grievance redressal mechanism is in place to measure long-term employability and income security of beneficiaries, particularly in under-represented regions of the said State; and**

**(e) if so, the details thereof?**

**ANSWER**  
**THE MINISTER OF YOUTH AFFAIRS AND SPORTS**  
**[DR. MANSUKH MANDAVIYA]**

**(a) The 1st batch of courses under RESET programme was conducted at Lakshmibai National Institute of Physical Education (LNIFE), Gwalior from 4th October, 2024 to 7th December, 2024. 30 Trainees from 14 States/UTs belonging to 18 sports/games attended practical classes and internship at LNIFE, Gwalior. Out of the 30 beneficiaries, 01 was from the State of Maharashtra, District Thane. State-wise details of the other trainees is given at Annexure - I.**

**(b) Athletes, who have retired from an active sports career and are aged between 20-50 years and who have been winners of an International Medal/participants in international events or have been National medallists/State medallists/participants in competitions recognized by National Sports Federations/Indian Olympic Association/Ministry of Youth Affairs and Sports are eligible to undergo courses being offered under RESET Programme.**

**‘Sports’ being a State subject, the responsibility of development sports, including providing opportunities to retired sportspersons from rural districts who lack national-level exposure rests primarily with the State/Union Territory Governments. The Union Government only supplements their efforts by bridging critical gaps. The Ministry of Youth Affairs and Sports implements the following schemes for the promotion of sports in the country, including both urban and rural areas:**

- (i) Khelo India - National Programme for Development of Sports;**
- (ii) Assistance to National Sports Federations;**
- (iii) Cash Incentive to Medal Winners in International Sports Events and their Coaches;**
- (iv) National Sports Awards;**
- (v) Pension to Meritorious Sportspersons;**
- (vi) Pandit Deendayal Upadhyay National Welfare Program for Sportspersons;**
- (vii) National Sports Development Fund; and**
- (viii) Running Sports Training Centres through Sports Authority of India.**

**Details of the above schemes are available in the public domain on the websites of this Ministry and the Sports Authority of India.**

**(c) The following training programs were conducted in the 1<sup>st</sup> batch of courses under RESET programme in Hindi and English language:**

- a) Certificate Program for Strength & Conditioning Trainer**
- b) Certificate Program for Yoga Trainer**
- c) Certificate Program for Fitness Center Manager**

**The details of modules under these programs are given at Annexure - II.**

**No specific placement was provided in the State of Maharashtra and no local industry or Micro, Small and Medium Enterprises (MSMEs) linkages exist in the State.**

**(d)&(e) In-house grievance cell was formed at LNIPE campus and no grievance was received from any participants. As this was a pilot project, learning outcomes were framed taking feedback from all concerned.**

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**ANNEXURE - I**

**ANNEXURE REFERRED TO IN REPLY TO PART (A) OF THE LOK SABHA UNSTARRED QUESTION NO. 5836 FOR ANSWER ON 30.03.2026, REGARDING PERFORMANCE OF RESET PROGRAMME IN MAHARASHTRA, ASKED BY ADV GOWAAL KAGADA PADAVI, HON'BLE MEMBER OF PARLIAMENT.**

<b>State-wise details of trainees under 1st batch of courses under RESET programme</b>	
<b>State</b>	<b>No. of Trainees</b>
<b>Jammu &amp; Kashmir</b>	<b>1</b>
<b>Gujarat</b>	<b>1</b>
<b>Bihar</b>	<b>2</b>
<b>Madhya Pradesh</b>	<b>8</b>
<b>Daman</b>	<b>1</b>
<b>Uttar Pradesh</b>	<b>6</b>
<b>Haryana</b>	<b>2</b>
<b>Manipur</b>	<b>1</b>
<b>Karnataka</b>	<b>1</b>
<b>Odisha</b>	<b>1</b>
<b>Kerala</b>	<b>1</b>
<b>Uttarakhand</b>	<b>2</b>
<b>Rajasthan</b>	<b>2</b>
<b>Maharashtra</b>	<b>1</b>
<b>Total</b>	<b>30</b>

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## ANNEXURE - II

**ANNEXURE REFERRED TO IN REPLY TO PART (c) OF THE LOK SABHA UNSTARRED QUESTION NO. 5836 FOR ANSWER ON 30.03.2026, REGARDING PERFORMANCE OF RESET PROGRAMME IN MAHARASHTRA, ASKED BY ADV GOWAAL KAGADA PADAVI, HON'BLE MEMBER OF PARLIAMENT.**

**Modules offered under the training programs in the 1<sup>st</sup> batch of courses under RESET:**

**A) Modules under Certificate Program for Strength & Conditioning Trainer:**

<b>Module – I: Introduction to Strength and Conditioning</b>	
<b>1.</b>	<b>Components of Wellness</b>
<b>2.</b>	<b>Components of Physical Fitness</b>
<b>3.</b>	<b>Meaning &amp; Definition of Strength Training</b>
<b>4.</b>	<b>Importance of Strength Training</b>
<b>5.</b>	<b>Principles of Fitness &amp; Wellness.</b>
<b>6.</b>	<b>Concept of Holistic Fitness &amp; Its Development (Mind, Body &amp; Spirit-Yoga, Taichi, Music)</b>

<b>Module – II: Introduction and Fundamental of Sports Training</b>	
<b>1.</b>	<b>Principle of Strength Training</b>
<b>2.</b>	<b>Importance of Warming up</b>
<b>3.</b>	<b>Types and Methods of Warming up</b>
<b>4.</b>	<b>Importance of Cooling Down</b>
<b>5.</b>	<b>Types and Methods of Cooling Down</b>
<b>6.</b>	<b>Principles of Training (Specificity, Overload and Progression)</b>

<b>Module – III: Development of Strength and Speed</b>	
<b>1.</b>	<b>Meaning and Concept of Strength</b>
<b>2.</b>	<b>Types of Strength</b>
<b>3.</b>	<b>Methods and Development of Strength</b>
<b>4.</b>	<b>Meaning and Concept of Speed</b>
<b>5.</b>	<b>Types of Speed</b>
<b>6.</b>	<b>Methods and Development of Speed</b>

<b>Module – IV: Development of Endurance and Flexibility</b>	
<b>1.</b>	<b>Meaning and Concept of Endurance</b>
<b>2.</b>	<b>Types of Endurance</b>
<b>3.</b>	<b>Methods and Development of Endurance</b>
<b>4.</b>	<b>Meaning and Concept of Flexibility</b>
<b>5.</b>	<b>Types of Flexibility</b>
<b>6.</b>	<b>Methods and Development of Flexibility</b>

<b>Module – V: Periodization &amp; Formulation of Program</b>	
<b>1.</b>	<b>FITT and SMART Principles of Weight/Resistance Training</b>
<b>2.</b>	<b>General Concepts related to periodization</b>
<b>3.</b>	<b>Phases of Periodization (Preparatory, Competitional &amp; Transitional Phases)</b>
<b>4.</b>	<b>Training Cycle &amp; its Types (Micro, Meso, Macro Cycle)</b>
<b>5.</b>	<b>Cardiovascular Training (Benefits, Breathing Technique, Calculate Target Heart Rate Zone for various exercise intensities)</b>
<b>6.</b>	<b>Core Stability Training (Importance and Various Levels, Concept &amp; Method of Aerobic, Anaerobic Fitness Programme)</b>

**B) Modules under Certificate Program for Yoga Trainer:**

<b>Module – I: Introduction to Yoga</b>	
<b>1.</b>	<b>Meaning and definition of Yoga</b>
<b>2.</b>	<b>Brief history of Yoga</b>
<b>3.</b>	<b>Types of Yoga – Jnana Yoga, Karma Yoga, Bhakti Yoga</b>
<b>4.</b>	<b>Ashtanga Yoga and its importance</b>

<b>Module – II: Hatha Yoga and Asanas</b>	
<b>1.</b>	<b>Hatha Yoga and its utility</b>
<b>2.</b>	<b>Human physiology</b>
<b>3.</b>	<b>Asanas – meaning, definition, types of asanas</b>
<b>4.</b>	<b>Pranayama – meaning, definition, types of pranayama</b>

<b>Module – III: Surya Namaskar</b>	
<b>1.</b>	<b>Importance of gross and subtle exercises in Yoga</b>
<b>2.</b>	<b>Surya Namaskar and its significance</b>
<b>3.</b>	<b>Shatkarmas – meaning, definition, types of shatkarmas</b>
<b>4.</b>	<b>Understanding of chakras</b>

<b>Module – IV: Diet in Yoga</b>	
<b>1.</b>	<b>Role of diet in Yoga</b>
<b>2.</b>	<b>Yoga and mental health</b>
<b>3.</b>	<b>Yoga therapy</b>
<b>4.</b>	<b>Methods of yoga teaching</b>

<b>Module – V: Yoga as a Profession</b>	
<b>1.</b>	<b>Yoga as a business/profession</b>
<b>2.</b>	<b>Advanced teaching techniques in Yoga</b>
<b>3.</b>	<b>Yoga for special populations</b>
<b>4.</b>	<b>Yoga Nidra and its importance</b>

**C) Modules under Certificate Program for Fitness Center Manager:**

<b>Module – I: Introduction</b>	
<b>1.</b>	<b>Meaning, Definitions of Fitness Centre Management</b>
<b>2.</b>	<b>Importance of Fitness Centre Manager</b>
<b>3.</b>	<b>Leadership</b>
<b>4.</b>	<b>Budget Development</b>

<b>Module – II: Advertising &amp; Marketing</b>	
<b>1.</b>	<b>Advertising Meaning and Importance</b>
<b>2.</b>	<b>Marketing</b>
<b>3.</b>	<b>Responsibilities of Marketing, Promotion, Advertising and Sales</b>
<b>4.</b>	<b>Marketing and Promotion Steps for Fitness Centre Business</b>

<b>Module – III: Role of Manager</b>	
<b>1.</b>	<b>Role and Responsibility of Fitness Centre Manager</b>
<b>2.</b>	<b>Traditional Managerial Functions (Planning, Organising, Leading and Controlling)</b>
<b>3.</b>	<b>Managerial Knowledge-Based Skills (Technical Skills, Human Skills and Conceptual Skills)</b>
<b>4.</b>	<b>Ideal Fitness Centre Setup</b>

<b>Module – IV: Facility and Supervision</b>	
<b>1.</b>	<b>Managing a Fitness Facility</b>
<b>2.</b>	<b>Maintaining and Purchasing Fitness Centre Equipment</b>
<b>3.</b>	<b>Fitness Centre Safety and Supervision</b>
<b>4.</b>	<b>Definition, Nature and Function of Work Force</b>

<b>Module – V: Human resource management and public relation</b>	
<b>1.</b>	<b>Importance and Steps of Instructor Training In Human Resource Management</b>
<b>2.</b>	<b>Professional Scope and Responsibility</b>
<b>3.</b>	<b>Concept and Process of Public Relations</b>
<b>4.</b>	<b>Human Resource Audit</b>

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