



भारतीय भारोत्तोलन महासंघ Indian Weightlifting Federation

Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,
Commonwealth Weightlifting Federation and Indian Olympic Association
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

Regd No.: S-4286/21.11.1960

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Date: 3 January 2026

*All Affiliated State Weightlifting Associations,
Union Territories & Departments of
Indian Weightlifting Federation*

Sir/Madam,

Greetings from the **Indian Weightlifting Federation (IWLF)**.

This is to inform all affiliated **States, Union Territories, and Departments** that the Indian Weightlifting Federation has a **structured Coaches Upgradation Programme** aimed at the systematic development and enhancement of weightlifting coaches across the country.

The details of the IWLF Coaches Upgradation Programme (Level 1) are as under for your kind information and necessary action:-

Level 1 – Basic Coaching Course

This level introduces the fundamentals of weightlifting coaching, focusing on basic anatomy, movement patterns, safety guidelines, and correct techniques for foundational lifts. Participants are trained to coach beginners, ensure proper warm-ups, and prevent injuries.

Eligibility: Any individual interested in coaching

Course Fee: ₹15,000/- per participant + GST (as applicable)

Duration: 10–12 days

In this regard, it is hereby informed that **only the Level 1 Coaching Course** is permitted to be conducted by the affiliated **States / U.T.s / Departments** in association with the Indian Weightlifting Federation.

The indicative details for conducting the **Level 1 Coaching Course** are as follows:

Name & Designation: Dr. Ahmed Awad Ahmed Hassan (Egypt)
Coach Educator, Indian Weightlifting Federation

Brief Profile: Over 15 years of experience in coaching education, including approximately 2 years of engagement with the Indian Weightlifting Federation

Availability: As per mutual consent and approved schedule

Number of Days Required: 10–12 days



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C-2/18, Sector-31, Noida, Uttar Pradesh-201301 (India)

Ph. No.: 0120-4541605

Email: weightlifting@weightliftingindia.in Website: www.iwlf.in



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The concerned State / U.T. / Department shall be responsible for providing the following:-

1. Air tickets from the nearest airport to the course location for the Coach Educator and accompanying translator
2. Local transportation (SUV) for airport transfers and daily travel during the course period
3. Air-conditioned classroom with adequate seating arrangements
4. Public Address (P.A.) system with cordless microphones and speakers
5. Projector and screen for presentations, along with printer and white sheets
6. Teaching stationery (pens, notepads, folders, index files, etc.)
7. Boarding and lodging (single occupancy) for the Coach Educator in a **4/5-star hotel**, with a ceiling of **₹2,500/- per day** towards food expenses
8. Boarding and lodging for the course translator, with a ceiling of **₹1,000/- per day** towards food expenses
9. Complimentary T-shirts for participants and staff as per **IWLF-approved design**
10. Printing of participation certificates as per **IWLF-approved design and template**
11. Backdrop banner displaying the course title and relevant details

All affiliated **States, Union Territories, and Departments** interested in conducting the **Level 1 Coaching Course** are requested to submit their proposal to the Indian Weightlifting Federation well in advance for approval and scheduling.

The collective and uniform implementation of the Coaching Education Programme by States, Union Territories, and departments stands as a major contribution towards the promotion of weightlifting and the systematic development of coaching infrastructure across India.

Yours Sincerely,

[S.H. Anande Gowda]
Secretary General



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