



Department of Sports Science and Yoga
Ramakrishna Mission Vivekananda Educational and Research Institute
(Deemed to be-University declared by Govt. of India under Section 3 of UGC Act, 1956)
Belur Math, Howrah 711202, West Bengal

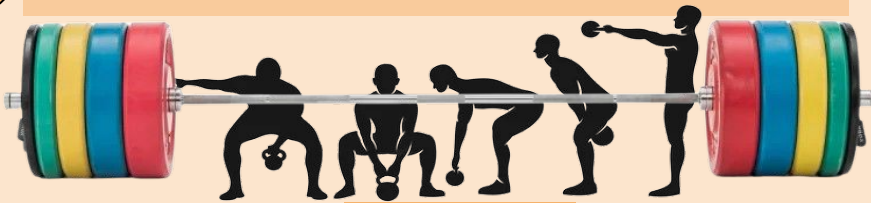
Online Webinar on

Strength & Conditioning in Sports

9th March, 2024 (2:00pm to 4:30pm)
&
10th March, 2024 (11:00am to 2:30pm)

Last date
8 March
2024

Registration
fee- ₹100/-



Speakers



Dr. Shiny Raizada
Assistant Professor
Symbiosis School of Sports Sciences,
Symbiosis International, Pune



Dr. Manohar Kumar Pahan
Assistant Professor
Department of Sports Science and Yoga
RKMVERI, Belur Math, Howrah



Dr. Rohit Kumar Thapa
Assistant Professor
Symbiosis School of Sports Sciences,
Symbiosis International, Pune



Dr. Vijendra Kumar Grover
Assistant Professor
Faculty of General & Adapted Physical
Education and Yoga, Coimbatore

Schedule of the Webinar

Day 1: 9 March, 2024

- **2:00pm-2:15pm-** Introduction and Welcome Address
- **2:15pm-3:15pm-** Athlete Management System: *Dr. Shiny Raizada*
- **3:30pm-4:30pm-** Mental Health and Exercisers Wellbeing: *Dr. Manohar Kr. Pahan*

Day 2: 10 March, 2024

- **11:00am-12:00pm-** Complex Training: The Past, Present and Future: *Dr. Rohit Kr. Thapa*
- **12:15pm-1:15pm-** Strength and Conditioning for Children and Adolescents: *Dr. Vijendra Kr. Grover*
- **1:30pm-2:00pm-** MCQ Assessment based on webinar content
- **2:00pm-2:30pm-** Closing Address and Vote of Thanks

Important Instruction:

1. **Who can Attend?** Coaches, Fitness Trainers, Teachers, Sport Scientists, Research Scholars, Students.
2. At the end of the webinar an online quiz of 50 marks will be conducted through Google forms.
3. e-certificate will be issued & sent to email address of participants scoring at least 50%

For registration visit: <https://sy.rkmvu.ac.in/>

Last date of registration: **8 March 2024**

Contact for more information:

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