



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 for Youth

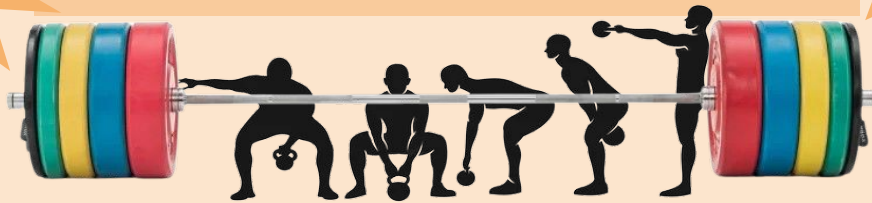
27<sup>th</sup> April, 2024 (2:00pm to 4:30pm)

&

28<sup>th</sup> April, 2024 (11:00am to 2:30pm)

100 Seats  
Only

Registration  
fee- ₹100/-



Speakers



**Dr. Nakul Tumkur Anil Kumar**  
PhD Strength and Conditioning  
Cardiff Metropolitan University, UK  
NSCA – CSCS



**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: 27 April, 2024

- **2:00pm-2:15pm**- Introduction and Welcome Address
- **2:15pm-3:15pm**- Maturity related development of Stretch-Shortening Cycle function, and Implications for Practise: *Dr. Nakul Kumar*
- **3:30pm-4:30pm**- Building motivational training environment: *Dr. Manohar Kr. Pahan*

Day 2: 28 April, 2024

- **11:00am-12:00pm**- Assessing jump and speed qualities in youth athletes: Do's and don'ts: *Dr. Rohit Kr. Thapa*
- **12:15pm-1:15pm**- Youth Resistance Training: Separating Facts from Fiction: *Dr. Vijendra Kr. Grover*
- **1:30pm-2:00pm**- Closing Address and Vote of Thanks
- **2:30pm-3:30pm**- MCQ Assessment based on webinar content

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: **25 April 2024**

Contact for more information:

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