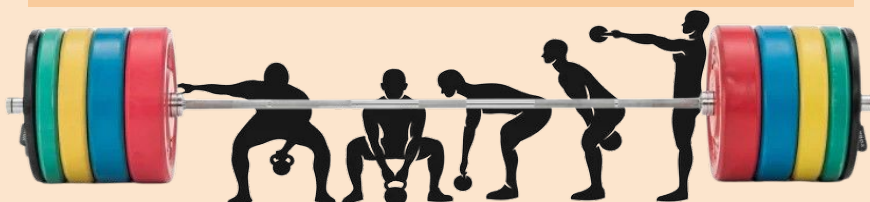




Department of Sports Science and Yoga
Ramakrishna Mission Vivekananda Educational and Research Institute
(Deemed to be-University declared by Govt. of India under Section 3 of UGC Act, 1956)
Belur Math, Howrah 711202, West Bengal

Online Webinar on
Strength Training for Movement and
Fitness in Grassroot

24th August, 2025 (11:00am to 4:30pm)



Speakers



Dr. Manohar Kumar Pahan
ASCA Level 1 S&C Coach
Assistant Professor
Department of Sports Science and Yoga
RKMVERI, Belur Math, Howrah



Dr. Bhargav Sarmah
ASCA Level 2 Associate S&C Coach
Assistant Professor and Assistant Director
School of Physical Education and Sports
Rashtriya Raksha University, Gandhinagar



Mr. Bir Chandan Munda
ASCA Level 1 S&C Coach
Naval Tata Hockey Academy High Performance
Center,
Jamshedpur, Jharkhand

Schedule of the Webinar

24 August, 2025

- 11:00am-11:15am-** Introduction and Welcome Address
- 11:15am-12:15pm-** Importance of Motor Skills and Movement Literacy in Children (*Dr. Manohar Kumar Pahan*)
- 12:30pm-01:30pm-** Exercise Assessment and Progression to various stages (*Dr. Bhargav Sarmah*)
- 02:45pm-03:45pm-** Growth Patterns and Physical Readiness for Training in Early Childhood (*Mr. Bir Chandan Munda*)
- 03:45pm-04:00pm-** Closing Address and Vote of Thanks
- 04:00pm-04:30pm-** MCQ Assessment based on webinar content

Important Instruction:

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



SCAN TO REGISTER

Contact for more information:

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