



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

Organizes One Days Workshop on
Improving Potential Through Assessment, Adaptation and
Recovery in Adolescent Sports

Saturday 20th September, 2025
10 am - 4 pm



Topics

Load Monitoring and
Program Design for
Adolescent Athletes

Post Training Stretching
and Massage Techniques

Dr. Rajarshi Kar

Assistant Professor

State Institute of Physical Education for Women
Hastings House, Alipore,
Kolkata, West Bengal

Mr. Jinesh Rathod

Physiotherapist & Center Head

Abhinav Bindra Targeting Performance- HPC
Birsamunda Stadium, Morabadi
Ranchi, Jharkhand

Target Audience

- Coaches and fitness trainers
- Sports administrators and management staff
- Faculty members and students of sports and physical education
- Sport Scientists, Research Scholars
- Sports support staff and enthusiasts

Hands-on Experience of

- Assessing and Monitoring Training Load
- Phase-by-Phase Periodization
- Post-Training Stretching
- General Post-Training Massage Techniques

Important Instructions

- Last Date of registration: 18th September, 2025
- Registration fee for:
 - Faculty/professionals: ₹ 500/-
 - Students: ₹ 300/-
- Lunch is included, certificate will be provided to all registered participants

QR code for registration



Contact for more information:

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