

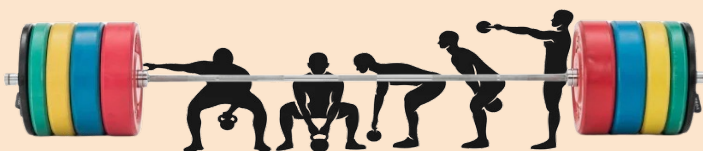


Department of Sports Science and Yoga
Ramakrishna Mission Vivekananda Educational and Research Institute
(Deemed to be-University declared by Govt. of India under Section 3 of UGC Act, 1956)
Belur Math, Howrah 711202, West Bengal

Two days Workshop On

Advances in Strength Training Practises and Program Design

**6 & 7
December
2025**



**Registration
fee: Rs 500**

Speakers



Dr. Manohar Kumar Pahan

ASCA Level 1 S&C Coach

Assistant Professor

Department of Sports Science and Yoga
RKMVERI, Belur Math, Howrah

**Last Date for
Registration:
4th Dec,2025**



M.H. Sidiq

ASCA Associative Level 2, S&C Coach

Tenvic Weightlifting High Performance Centre
TENVIC Sports Education Pvt.Ltd., Kalinga Stadium

Schedule of the Workshop

Day 1: 6 December, 2025

- **11:00am- 11:30am-** Introduction and Welcome Address
- **11:30am-1:00pm-** Principles of Strength and Conditioning and Program Design
- **1:00pm-2:00pm-** Break
- **2:00pm-4:30pm-** Practical Session on Strength Training Techniques

Day 2: 7 December, 2025

- **11:00am-1:00pm-** Modern S&C Approaches
- **1:00pm-2:00pm-** Break
- **2:00pm-4:30pm-** Practical Session on Program Design
- **4:30pm- 5:00pm-** Certificate Distribution



Important Instruction:

1. **Who can Attend?** Coaches, Fitness Trainers, Teachers, Sport Scientists, Research Scholars, Students.
2. Workshop Kit and Lunch included in registration fee.
3. Certificate will be issued at the end of the workshop.

Contact for more information:

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