

Principles of Training

(23rd January 2023)

Objective:

- To make the students about the need of principles and how they have an effect in athletes of different sport.

Description:

Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities. It is a particular type of training designed to improve fitness and abilities to perform in a given sport;

Banarsidas Chandiwala Institute of Physiotherapy has organised a 1-day Alumni Association Meeting Program for students on 23rd January 2023. It was mentored by Dr. Tanya Bajaj (PT), HOD Satyam Healthcare Centre, Delhi, who is also an alumni of Batch BPT 2013 came to address the students.

Ma'am spoke about the need of principles and how they have an effect in athletes of different sport.

Ma'am explained them about FITT principle from ACSM guidelines. She also guided students on how they should proceed forward after completing graduation.

She also spoke about challenges one faces when opening a clinic of their own. Students freely interacted with Dr. Tanya and she also joyfully answered their queries. Dr. Nidhi Kalra (PT), Officiating In-Charge felicitated Dr. Tanya with a token of gift at the end of the session.

Banarsidas Chandiwala Institute
of Physiotherapy

Seminar on

PRINCIPLES OF TRAINING



DR. TANYA BAJAJ(PT)
HOD PHYSIOTHERAPY
Satyam Healthcare Centre
Sr. Consultant Physiotherapist
Kharbanda Poljelela

Monday 23rd January, 2024

