

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY

TOPIC OF EXPERT LECTURE: PERIODIZATION TRAINING IN BADMINTON

DATE: 13TH JANUARY 2025 (MONDAY)

EXPERT SPEAKER: DR. MITI MEHTA (PT)

CO-ORDINATOR: DR. BHAVIK JHAVERI (PT)

Shrimad Rajchandra college of Physiotherapy organised an Expert Lecture on “Periodization Training in Badminton” for MPT 1st year and BPT 3rd & 4th Year. Dr. Miti Mehta who has been working as a sports physiotherapist at Sports Authority of Gujarat was the invited expert for the session. During the session Dr. Miti discussed various phases of Periodization and its importance in the field of sports. She also discussed how each phase can be implemented specifically for badminton players. She also demonstrated various assessment parameters and how to improve skill related physical fitness components to improve the performance. Various common injuries and its physiotherapy management was also discussed by Dr. Miti Mehta. This session was coordinated by Dr. Bhavik Jhaveri (PT), Assistant Professor at Shrimad Rajchandra College of Physiotherapy. Indeed, this was an extremely interactive and knowledge enhancing session which will be definitely useful to all the attendees in their clinical practice. Total 35 students attended this expert session.