

भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,
Commonwealth Weightlifting Federation and Indian Olympic Association
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

President
B.P. Baishya, M.P.
Mob.: +918130459789

Secretary General
Sahdev Yadav
Mob.: +918130621444

File No.: IWLF-Cir./2020-21/**121**

Date: 8 December 2020

*All affiliated States
and Executive Members
of Indian Weightlifting Federation*

Sub.: Conduct of a Webinar "Re-building Psychological strength during COVID-19" by Indian Weightlifting Federation for athletes and coaches.

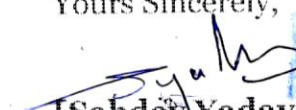
Dear All,

Restrictions on travel, physical activity, and mass gatherings because of COVID19 pandemic have had major implications for athletes and players, with restrictions of access to training venues, cancellation of events, and loss of earnings. These implications can have commensurate psychological consequences on the athletes.

Considering the urgent need of psychological intervention for our athletes, the Indian Weightlifting Federation is organizing an all India Programme within which expert psychologists would be addressing the concerns of the athletes through a 2 hour webinar. The topic of the webinar is "**Re-building Psychological strength during COVID-19**". The programme will be led by Dr. Anjuman Bains (Head Psychologist) and her team of experts who will be giving valuable information for the athletes on topics like emotional regulation, anxiety, motivation etc.

Considering that coaches are the backbone of their athletes and are aware about the difficulties faced by them during pandemic. Thus it is an appeal to all coaches to kindly revert to this mail by including their suggestions on what are the issues that their athletes are facing currently and what kind of topics would you like should be covered through this webinar.

Yours Sincerely,


[Sahdev Yadav]
Secretary General

