

# 2025 Calendar

Sr. No.	Event	Date	Venue	Details
1	50m Rifle 3P HPTC	17th to 28th January	Pune	HPTC under the expertise of Mr. Bibaswan Ganguly
2	GFG Sports Science Workshop	Sunday, January 12, 2025	Online	Shoulder injuries in Shooting Sports
3	GFG Sports Science Workshop	Saturday, January 25, 2025	Online	Basics of Breathing
4	38th National Games	28th January to 6th February	Uttarakhand	_ GFG Athletes
5	GFG Sports Science Workshop	Sunday, February 2, 2025	Online	Power-up concentration
6	Trial 1 & 2 Group A	8th to 15th February	Delhi	_ GFG Athletes
7	GFG Sports Science Workshop	Sunday, February 9, 2025	Online	Importance of Post Injury Rehabilitation
8	Trial 1 & 2 Group B	16th February to 3rd March	Delhi	_ GFG Athletes
9	10m Air Rifle HPTC	March	TBD	HPTC under the expertise of Mr. Nishant Nathwani
10	GFG Sports Science Workshop	Sunday, March 16, 2025	Online	Injury Prevention
11	GFG Sports Science Workshop	Sunday, March 30, 2025	Online	Confidence inside- out
12	10m Air Pistol HPTC	April	TBD	HPTC under the expertise of Mr. CK Choudhary
13	10m/50m Rifle HPTC	April	TBD	HPTC under the expertise of Mr. Bibaswan Ganguly

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14	GFG Sports Science Workshop	Sunday, April 13, 2025	Online	Scapular Dyskinesis and its Rehabilitation
15	GFG Sports Science Workshop	Sunday, April 27, 2025	Online	SPORT - LIFE balance
16	GFG Sports Science Workshop	Sunday, May 4, 2025	Online	Motor Control training for Shoulder and scapula
17	GFG Sports Science Workshop	Sunday, May 18, 2025	Online	Pre- performance Routine
18	GFG Sports Science Workshop	Sunday, June 15, 2025	Online	Lower Back Injuries in Shooting Sports
19	GFG Sports Science Workshop	Sunday, June 29, 2025	Online	Decision Making
20	GFG Sports Science Workshop	Friday, June 6, 2025	Online	Core training
21	GFG Sports Science Workshop	Friday, June 20, 2025	Online	GOAL- Getting Over Any Limitation
22	10m Air Rifle HPTC	July	TBD	HPTC under the expertise of Mr. Neha Chavan
23	GFG Sports Science Workshop	Sunday, August 10, 2025	Online	Neck pain
24	GFG Sports Science Workshop	Sunday, August 24, 2025	Online	Handling Match Pressure
25	GFG Sports Science Workshop	Sunday, September 7, 2025	Online	Importance of Recovery
26	GFG Sports Science Workshop	Sunday, September 21, 2025	Online	Growth Mindset (self-talk)

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27	GFG Sports Science Workshop	Sunday, October 5, 2025	Online	Motor control training for Shoulder - Phase 2
28	GFG Sports Science Workshop	Sunday, October 19, 2025	Online	Guided Imagery
29	GFG Sports Science Workshop	Sunday, November 9, 2025	Online	Core training - Phase 2
30	GFG Sports Science Workshop	Sunday, November 23, 2025	Online	Resilience
31	GFG Sports Science Workshop	Sunday, December 14, 2025	Online	Injury Prevention - Phase 2
32	GFG Sports Science Workshop	Sunday, December 28, 2025	Online	Mental Clarity (Gratitude)