

National Conference on Sports Nutrition



Sant Hirdaram
Medical College of
Naturopathy &
Yogic Sciences

28th February 2014



Physical Education
Foundation of India



Venue

Sant Hirdaram Girls College, Bhopal, MP

AGENDA

28th February, 2014: National Conference on Sports Nutrition	
10:00 AM – 10:30 AM	Registration
10.30 AM – 10.45AM	Inauguration and Release of Souvenir Chief Guest: His Holiness, Rev Siddh Bhauji , Chairman, Shahed Hemu Kalani Society, Bhopal Prof. Rajesh Tripathi , Chairman, All India Council of Physical Education, Executive Member, National Association of Physical Education and Sports Science. Sri. Nitin Dadhe , Chairman, Fitness, Sports and Nutrition, Pune
10:45 AM – 11:00 AM	Tea Break
11:00 AM – 11:30 AM	Do's & Don'ts in Dietary Supplements and Sports Foods , Dr. Shashikant Goswami, Formerly, Sr. Scientific Officer, Sports Authority of India
11:35 AM – 12:00 PM	Taurine - component of functional food & Nutraceuticals - Elevated level in exercise: From Energy Booster to alleviation of ageing , R C Gupta, Professor, SASRD, Nagaland University, Medziphema, India
12.05 PM – 12.30 PM	Paper Presentations Session – 1 1. Nutrition Knowledge and Pre-competition dietary practices of under-14 Football players across India, Priyam Ahuja, Dept. of Foods and Nutrition, Faculty of Home Science Maharani Lakshmi Bai Government Girls Post Graduate College, D.A.V.V. Indore 2. Impact of nutrition awareness programme on the health of college going girls of Sant Hirdaram Girls College, Bhopal, Sarah Altamash Husain, Dept. of Foods and Nutrition, Sant Hirdaram Girls College, Bhopal
12.30 PM – 01.00 PM	Paper Presentations Session - 2
01:00 PM – 01:30 PM	Lunch Break
01.30 PM – 02.30 PM	Workshop on Advanced Sports Nutrition - Introduction to Advanced Exercise Physiology
02.30 PM – 03.30 PM	- Metabolism, Nutritional Ergogenics, Sports Supplements
03.30 PM – 04.00 PM	- Drugs, Numerical, Case Studies and Meal Plan Development
04:00 PM – 04:30 PM	Skill Test, Valedictory and Certificate Distribution and Hi- Tea