


NAME OF THE ACTIVITY/ EVENT: ASI-NUFFOODS Sports Nutrition Summit 2024

SOP FOR REPORTS OF EVENTS- ACTIVITIES

Name of the College:	College of Home Science, Nirmala Niketan
Affiliation:	University of Mumbai
Name of the Event:	ASI-NUFFOODS Sports Nutrition Summit 2024
Title of the Program/s:	Sports Nutrition Summit 2024
Name of the Department Organized:	Army Sports Institute, Pune and NUFFOODS Spectrum
Level (Local/ State/ Intercollegiate/ National/ International):	National
Invited by/ Requested by:	Army Sports Institute, Pune
Name of the Collaborators (if any):	ASNFS
Resource person/s and their designation and organization employed:	<ul style="list-style-type: none"> • Col. Devraj Gill - Commandant, Army Sports Institute • Dr. Subhadra Mandalika - Professor (Retd), Advisor, Lifeness Science Institute, Mumbai • Mihira Khopkar - Lead Sports Nutritionist, Reliance Foundation Sports • Priya Kinny - Sports Nutritionist, ASI (Khelo India) • Dr Geetanjali Bhide - Sports Nutritionist Army Rowing Node • Dr. Sonika Sethi - Senior Scientific Officer National Anti Doping Agency , Delhi. • Keerthana Swaminathan - President, INSPA (Indian Sport Psychologists' Association) • Dr. Lt. Col. Manoj Yadav - Sports Medicine Specialist, ASI • Dr. Swaroop Savanur - Mental Conditioning and Peak Performance Coach Founder, MyMentalCoach • Dr. Hanjabam Barun Sharma - President, Indian Society of Sports and Exercise Medicine • Mr. Ashish Kasodekar - Ultramarathon runner • Abhijeet Sakhuja - Indian Para-Badminton player
Day and Date:	23 rd and 24 th February, 2024
Time:	23 rd Feb - 8:00 am to 6:00 pm 24 th Feb - 8:00 am to 1:45 pm

Platform used (if online):	-
Venue (Meeting Link, if online):	Auditorium, ASI, Pune
Beneficiaries/ Participants and number:	-
• Guests/ Dignitaries:	
• Management Representative/s:	
• Staff (In-house/ Out-house):	
• Students (Inhouse/Outhouse):	
• Any other:	
About the Event (Event flow, if available):	<p>The two-day conclave focused on the latest advancements in sports science and nutrition, highlighting research, evidence-based strategies, and collaborative insights. Key topics included addressing the mental health of athletes, nutrition for junior, senior, and para-athletes, and choosing safe supplements. The event also featured group activities that promoted practical learning and engagement among participants.</p> <p><u>Day 1</u> 08:00am – 09:00am Registration</p> <p>09:00am – 09:30am Welcome Address Keynote Address</p> <p>09:30am – 10:20am Session -2 Inspiring Stories</p> <p>10:20am – 11:00am Session 3 -Periodizing Nutrition with training to maximize performance How Nutrition is an important component of Sports medicine The effect of sports supplements on oral health. Dos and Don'ts</p> <p>11:30am – 12:20pm Session 4 - Athlete's guide to analysing and selecting a supplement How supplements are made differently with different ingredients and compositions for to meet nutritional requirements of different athletes Supplements should be consumed OTC</p> <p>12:20pm – 01:00pm</p>

	<p>Session 5 - Nutrition for athletes performing in weight class sports- challenges and solutions</p> <p>01:00pm – 01:20pm Session 6 - How to choose safe supplements What to avoid. Banned substances.</p> <p>01:20pm – 01:30pm Session 7 -Break Out session Inauguration of Exhibition</p> <p>02:30pm – 06pm Group activity resumed Sports Recreational activities</p> <p><u>Day 2</u></p> <p>08:00am – 09:00am Registration</p> <p>09:00am – 10:30am Session 1: Nutrition for the junior and senior athletes How nutritional needs vary sports wise</p> <p>10:30am – 12:00pm Session -2 Nutritional requirements of high performance para athletes</p> <p>12:00pm – 12:40pm Session 3 - Addressing Mental Health of Athletes. Playing calmly during pressure Accepting failure and success with equal ease The common issues/ behavioural issues Retirement Dealing with injuries</p> <p>12:40pm – 01:30pm Session 4 - JURY Introduction Felicitation Ceremony</p> <p>01:30pm – 01:45pm Vote of Thanks by NUFFOODS Spectrum</p>
Accounts, if any:	-
Flyer of the Event:	-

Funds generated if any:	-
Feedback or suggestions for future link:	-
Photographs of the event (at least 4-6)	
Sample of the certificate if any:	-



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INCHARGE PRINCIPAL
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