



# SRI SATHYA SAI INSTITUTE OF HIGHER LEARNING, ANANTAPUR CAMPUS



Organises

NATIONAL WORKSHOP  
ON

## **Achieving Peak Performance: Evidence-Based Strategies in Sports Nutrition & Fitness**

Date: SEPTEMBER 27TH, 2024

Venue: MULTIMEDIA LEARNING CENTER SSSIHL,  
ANANTAPUR CAMPUS

Registration Link:

<https://bit.ly/SNWorkshopRegistration>

# SPEAKERS



## Dr. GEETANJALI BHIDE

Founder Director, Dr Geetanjali Bhide's Nutrition & Research LLP.

Founder Secretary, Association of Sports Nutrition and Fitness Sciences, Pune.

Curador- Physio and Sports Rehabilitation  
Army Rowing Node & Lakshya Sports Foundation.

## Dr. ABHIRAMI SIVAPRASAD

High Performance Analyst - Nutrition, Sports Authority of India (SAI), Lucknow.

Accomplished sports nutritionist with a strong focus on optimizing athletes performance through personalized nutrition strategies.



## Ms. ASWINY MOHANDAS

Performance Analyst - Nutrition, Netaji Subhash National Institute of Sports, Sports Authority of India (SAI), Patiala.

Passionate and experienced sports nutrition specialist.



## Ms. STUTI PAHUJA

Nutrition Specialist, Marketing Media Team, QUA Nutrition Clinics, Bangalore.

Passionate about optimizing nutrition for individuals & elite athletes.





National Workshop on  
**Achieving Peak Performance:  
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**TIME**

**PROGRAM**

*08:50 am - 09:00 am*

Invocatory Vedam & Lighting the Lamp

*09:00 am - 09:10 am*

Welcome Address:

**Dr. M. Srijaya**

*Head DFNS, SSSIHL*

*09:10 am - 09:20 am*

Introductory Remarks:

**Prof. Pallav Baruah**

*Dean of Sciences, SSSIHL*

*09:20 am - 10:20 am*

Keynote Address: **Dr. Geetanjali Bhide**

*Founder Director, Dr Geetanjali Bhide's*

*Nutrition & Research LLP and Founder*

*Secretary, Association of Sports Nutrition*

*and Fitness Sciences, Pune*

**"Assessing Athletes Nutritional Status:**

**Practical Insights for Optimal**

**Performance"**

*10:20 am - 10:45 am*

Tea Break

27.09.2024  
MMLC, SSSIHL



National Workshop on  
**Achieving Peak Performance:  
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**TIME**

**PROGRAM**

*10:45 am - 11:30 am*

**Dr. Abhirami Sivaprasad**

*High Performance Analyst - Nutrition,  
Sports Authority of India (SAI), Lucknow  
"Navigating Relative Energy Deficiency  
Syndrome (REDs) for Optimal Athletic  
Performance"*

*11:30 am - 12:15 pm*

**Ms. Aswiny Mohandas**

*Performance Analyst - Nutrition, Netaji  
Subash National Institute of Sports,  
Sports Authority of India (SAI), Patiala  
"Role of Gut Health in Enhancing  
Athletic Training and Performance"*

*12:15 pm - 12:45 pm*

**Poster Presentations & Display on  
Ergogenic Aids**

*III B.Sc. FNS, DFNS, SSSIHL  
(Venue: Marble Floor, CB-I, SSSIHL)*

*12:45 pm - 01:45 pm*

**Lunch Break**

27.09.2024  
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<b>TIME</b>	<b>PROGRAM</b>
<i>01:45pm - 02:45pm</i>	<i>Panel Discussion - "Working with Grass Root Level Indian Athletes: Challenges and Solutions"</i> <b>Moderator:</b> Dr. Geetanjali Bhide <i>Panel members:</i> Dr. Abhirami Sivaprasad, Ms. Stuti Pahuja & Ms. Aswiny Mohandas
<i>02:45pm - 03:30pm</i>	<b>Ms. Stuti Pahuja</b> <i>Nutrition Specialist, Marketing Media Team, QUA Nutrition Clinics, Bangalore</i> <b>"Methods and Strategies to Enhance Health and Fitness with Exercise"</b>
<i>03:30 pm - 04:15pm</i>	<b>Dr. Geetanjali Bhide</b> <b>"Smart Supplement Choices: Label Reading and Doping Prevention"</b>
<i>04:15pm - 04:45pm</i>	Tea Break

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**TIME**

**PROGRAM**

*04:45pm - 05:45pm*

*"Sports Nutrition for Young Female Athletes - Concerns and Challenges"*

Dr. Geetanjali Bhide, Dr. Abhirami Sivaprasad & Ms. Aswiny Mohandas

*05:45pm - 05:50pm*

Prize Distribution

*05:50pm - 06:00pm*

Valedictory Address: **Dr. M. Meera**  
*Assistant Professor (Retd.), DFNS, SSSIHL*

*06:00pm - 06:05pm*

Vote of Thanks:  
**Ms. Yauvani Govindsamy**  
*III B.Sc. FNS, SSSIHL*

**E-certificates will be issued only to the registered participants**

Coordinator: Dr. Tapasya Anand  
Team members: Faculty DFNS  
Email: [tapasyaanand@sssihl.edu.in](mailto:tapasyaanand@sssihl.edu.in)

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