







Chandra Namaskar (Moon Salutation)

1. Tadasana
2. Urdhva Dhanurasana
3. Ardha Chandrasana
4. Ardha Uttardhanasana
5. Ardha Chandrasana
6. Urdhva Dhanurasana
7. Tadasana

Helps calm the mind, stress-reducing & improves digestion

Improves digestion, metabolism and body's immunity

Increases respiratory endurance by strengthening respiratory muscles

Increases eyes to movement raising the mood

"The rhythm of the body, the melody of the mind and the harmony of the soul create the symphony of life."

"TO DO IT BETTER."

CHUCK MILLER

HEALTHY

Head	1. Neck	1. Neck
Neck	2. Shoulder	2. Shoulder
Shoulder	3. Elbow	3. Elbow
Elbow	4. Wrist	4. Wrist
Wrist	5. Hand	5. Hand
Hand	6. Forearm	6. Forearm
Forearm	7. Upper Arm	7. Upper Arm
Upper Arm	8. Lower Arm	8. Lower Arm
Lower Arm	9. Hand	9. Hand
Hand	10. Wrist	10. Wrist
Wrist	11. Elbow	11. Elbow
Elbow	12. Shoulder	12. Shoulder
Shoulder	13. Neck	13. Neck
Neck	14. Head	14. Head
Head	15. Neck	15. Neck
Neck	16. Shoulder	16. Shoulder
Shoulder	17. Elbow	17. Elbow
Elbow	18. Wrist	18. Wrist
Wrist	19. Hand	19. Hand
Hand	20. Forearm	20. Forearm
Forearm	21. Upper Arm	21. Upper Arm
Upper Arm	22. Lower Arm	22. Lower Arm
Lower Arm	23. Hand	23. Hand
Hand	24. Wrist	24. Wrist
Wrist	25. Elbow	25. Elbow
Elbow	26. Shoulder	26. Shoulder
Shoulder	27. Neck	27. Neck
Neck	28. Head	28. Head
Head	29. Neck	29. Neck
Neck	30. Shoulder	30. Shoulder
Shoulder	31. Elbow	31. Elbow
Elbow	32. Wrist	32. Wrist
Wrist	33. Hand	33. Hand
Hand	34. Forearm	34. Forearm
Forearm	35. Upper Arm	35. Upper Arm
Upper Arm	36. Lower Arm	36. Lower Arm
Lower Arm	37. Hand	37. Hand
Hand	38. Wrist	38. Wrist
Wrist	39. Elbow	39. Elbow
Elbow	40. Shoulder	40. Shoulder
Shoulder	41. Neck	41. Neck
Neck	42. Head	42. Head
Head	43. Neck	43. Neck
Neck	44. Shoulder	44. Shoulder
Shoulder	45. Elbow	45. Elbow
Elbow	46. Wrist	46. Wrist
Wrist	47. Hand	47. Hand
Hand	48. Forearm	48. Forearm
Forearm	49. Upper Arm	49. Upper Arm
Upper Arm	50. Lower Arm	50. Lower Arm
Lower Arm	51. Hand	51. Hand
Hand	52. Wrist	52. Wrist
Wrist	53. Elbow	53. Elbow
Elbow	54. Shoulder	54. Shoulder
Shoulder	55. Neck	55. Neck
Neck	56. Head	56. Head
Head	57. Neck	57. Neck
Neck	58. Shoulder	58. Shoulder
Shoulder	59. Elbow	59. Elbow
Elbow	60. Wrist	60. Wrist
Wrist	61. Hand	61. Hand
Hand	62. Forearm	62. Forearm
Forearm	63. Upper Arm	63. Upper Arm
Upper Arm	64. Lower Arm	64. Lower Arm
Lower Arm	65. Hand	65. Hand
Hand	66. Wrist	66. Wrist
Wrist	67. Elbow	67. Elbow
Elbow	68. Shoulder	68. Shoulder
Shoulder	69. Neck	69. Neck
Neck	70. Head	70. Head
Head	71. Neck	71. Neck
Neck	72. Shoulder	72. Shoulder
Shoulder	73. Elbow	73. Elbow
Elbow	74. Wrist	74. Wrist
Wrist	75. Hand	75. Hand
Hand	76. Forearm	76. Forearm
Forearm	77. Upper Arm	77. Upper Arm
Upper Arm	78. Lower Arm	78. Lower Arm
Lower Arm	79. Hand	79. Hand
Hand	80. Wrist	80. Wrist
Wrist	81. Elbow	81. Elbow
Elbow	82. Shoulder	82. Shoulder
Shoulder	83. Neck	83. Neck
Neck	84. Head	84. Head
Head	85. Neck	85. Neck
Neck	86. Shoulder	86. Shoulder
Shoulder	87. Elbow	87. Elbow
Elbow	88. Wrist	88. Wrist
Wrist	89. Hand	89. Hand
Hand	90. Forearm	90. Forearm
Forearm	91. Upper Arm	91. Upper Arm
Upper Arm	92. Lower Arm	92. Lower Arm
Lower Arm	93. Hand	93. Hand
Hand	94. Wrist	94. Wrist
Wrist	95. Elbow	95. Elbow
Elbow	96. Shoulder	96. Shoulder
Shoulder	97. Neck	97. Neck
Neck	98. Head	98. Head
Head	99. Neck	99. Neck
Neck	100. Shoulder	100. Shoulder

Best Yoga Poses to Detoxify Your Liver

1. Bhujangasana
2. Pawanmuktasana
3. Bhujangasana
4. Pawanmuktasana

DID YOU KNOW?

Tea weakens the kidneys

Worry weakens the stomach

Stress weakens the heart

Grief weakens the lungs

Anger weakens the liver

IF YOU DIDN'T KNOW...

"Your body exists in the past and your mind exists in the future. In yoga, they come together in the present."

TO DO IT BETTER."

CHUCK MILLER

HEART CHAKRA YOGA

Anahata Heart Chakra

YOGA SUTRAS OF PATANJALI

Yama
Niyama
Asana
Pranayama
Dhyana
Samadhi

THE FIVE YOGA BRANCHES

YOGACHARYA BHASKARARAYA SASTRI

THE YOGA SUTRAS OF MAHARISHI PATANJALI

Translated by Yogacharya Jalandar Giri

5 HEART OF YOGA

7 YOGA POSES for WEIGHT LOSS



ERGOGENIC AIDS FOR ATHLETES: SPORTS DRINKS AND GELS

V.ANUSHA, ARADHYA BARUA
Dr. A SUMANA
Department of Food and Nutritional Sciences
SSSIHL, Anantapur

Speedose

SPORTS DRINKS

FUNCTION (Carbs, E.F., 2004):
Primary ingredient for hydration, electrolyte balance, calcium, and lipids replenish minerals lost.
Simple sugars for energy and as a prebiotic for gut health.
Acids maintain taste.

AND USE (Fritzsche, 2011):
Helps replenish fluids.
They restore electrolyte balance through sweat, helping to prevent cramps and maintain nerve function.
The carbohydrates provide a quick source of energy, which can enhance performance during prolonged or intense activities.

PERFORMANCE BENEFITS (Marras, 2008):
Increased Glycogen Stores: Consuming carbohydrates during exercise helps maintain blood glucose levels & promotes glycogen synthesis post-exercise.
Reduced Muscle Cramping: Electrolyte balance can help minimize the risk of muscle cramps.
Cognitive Function: Adequate hydration and electrolyte levels support cognitive function, helping to maintain focus and decision-making during competition.

RECOMMENDATIONS FOR USE:
Sports drinks are generally recommended for moderate to high-intensity activities, rather than for low-intensity activities.
Consuming a sports drink can be necessary for athletes during long-distance events to prevent dehydration and maintain electrolyte balance.

SPORTS GELS

COMPOSITION (Carbs, E.F., 2004):
Carbohydrates: Sports gels are composed of carbohydrates in the form of glucose and fructose containing about 20-30 grams of carbohydrate per serving.
Electrolytes: Sodium, potassium, and magnesium maintain fluid balance during prolonged exercise.
Flavors and Preservatives: Gels may contain artificial or natural flavors, sweeteners and preservatives.

FUNCTION AND USE (Fritzsche, 2011):
Sports gels are designed to be a concentrated source of energy, making them ideal for endurance athletes. Their portable packaging makes them easy to carry and consume during events.
They are ideal for use during long-distance events.

PERFORMANCE BENEFITS (Marras, 2008):
Gels provide a quick source of energy, helping to maintain energy levels during long-distance events.
They are easy to digest and can be consumed without the need for water.

RECOMMENDATIONS FOR USE:
Gels are typically recommended for use during long-distance events, such as marathons, triathlons, and cycling.
They should be consumed in small amounts (1-2 gels) every 45-60 minutes to prevent gastrointestinal distress.
It is important to practice using gels during training to ensure they are well-tolerated.

POWERED BY
DISCOVER THE BEST ERGOGENIC AIDS
FOR YOUR PERFORMANCE

Dr. Anusha V. Barua, Dr. Aradhya Barua, Dr. Sumana A. SSSIHL, Anantapur

Department of Food and Nutritional Sciences
SSSIHL, Anantapur

Substances used to improve physical performance, or

PERFORMANCE OPTIMIZATION THROUGH AI



BEYOND NUTRITION: **DYNS**

Role of Functional foods & Nutraceuticals for Athletes

V. Rugvedi Annapoorna, Bhavana Jidaga, Dr. Tapasya Anand

Department of Food and Nutritional Sciences
Sri Sathya Sai Institute of Higher Learning, Anantapur Campus

WHAT ARE THEY?
FUNCTIONAL FOODS are modified foods which provide health benefits beyond basic nutrition.
NUTRACEUTICALS are elements of food with significant medical or health benefits.

CLASSIFICATION

- Modified Foods
- Fortified Foods
- Whole Foods
- Health Foods
- Essential Foods
- Foods for special purposes like...

FUELING ATHLETES- BENEFITS OF FUNCTIONAL FOODS

- Performance enhancement**- Protein supplements (Whey isolate, Casein, Soy protein isolate), Carbohydrate supplements (Maltodextrin, Dextrose, Fructose, Sucrose, Monohydrate, Glycerol, etc.)
- Recovery support**- Omega-3 Fatty Acids (EPA and DHA), Branched Chain Amino Acids (Leucine, Isoleucine, Valine), Antioxidants (Vitamin C, Polyphenols from Green Tea, etc.)
- Skeletal support**- Glucosamine and Chondroitin supplements, Collagen hydrolyzate
- Supplements**- Probiotics (Lactobacillus, Bifidobacterium, etc.), Electrolyte-Rich Foods (Sodium, Potassium, Magnesium, Calcium, etc.)
- Hydration**- Electrolyte-Rich Foods (Sodium, Potassium, Magnesium, Calcium, etc.), Electrolyte Drinks
- Mental focus and cognitive function**- Caffeine (Coffee, Tea, Energy Drinks), Adaptogens (Rhodiola rosea, Ashwagandha)

KEY FACTORS

- Individual variation
- Dosage and Timing
- Quality and Purity
- Consultation

CONTACTS:
nutrition.org
central.com







CARB LOADING: A PERSPECTIVE

Sai Manjari S., Dr. Jayashree and Yauvani Govindsamy and Dr. A. Suma
Department of Food and Nutritional Sciences, SSSIHL, Anantapur campus

CARB LOADING

THE GOAL IS TO INCREASE CARBONHYDRATE STORES IN MUSCLE AND LIVER TO PREVENT EXHAUSTION AND MAINTAIN ENERGY DURING PROLONGED EXERCISE. CARBOHYDRATE STORES ARE LIMITED AND MUST BE REPLENISHED.

RECOMMENDATIONS:

- 5-7 g/kg/day (100-150g/day) for 3-4 weeks before competition
- 10-12 g/kg/day (200-240g/day) for 1-2 weeks before competition
- 10-12 g/kg/day (200-240g/day) during competition

CONSEQUENCES

• Improved performance during prolonged exercise

• Reduced fatigue and muscle damage

• Increased energy availability

• Improved recovery after exercise

PROTEIN: FUEL FOR ATHLETES

K.R. Jayasree, M. Chandanasree, T. Yashaswi, Sri Sri Thapa Khusboo Chetri, Dr. Tapasya Anand
Department of Food and Nutritional Sciences
SSSIHL, Anantapur Campus

Significance

- Enhance nitrogen retention and increase muscle mass
- Prevent sports anemia by promoting an increased synthesis of hemoglobin myoglobin, oxidative enzymes, and mitochondria during aerobic training

Men athlete

- Certain hormones, such as testosterone, are involved in muscle growth and development
- Protein intake can help support the production of these hormones
- Protein intakes of 1.4 - 2.2 g/kg/day for physically active individuals and only slightly increase the training adaptation for endurance training
- Protein intakes within this range (1.4 to 2.2 g/kg/day) are recommended for strength and power sports

Women athlete

- Protein builds lean muscle mass and essential for body weight management, competitive female sports athletes competing
- The recommended intake was estimated to be 1.81 and 1.49 g/kg/1.0-1.1

Role of protein

Amino acids enhance performance by boosting anabolic hormones and fuel usage during exercise, improving mitochondrial efficiency and reducing fatigue. Leucine, valine and proline aid in recovery and improve abilities and muscle mass (protein synthesis).

Plant-based foods

- Reduced number of premature deaths
- Declared the Mediterranean diet as the healthiest
- Intake of soybean and protein-rich plant-based products



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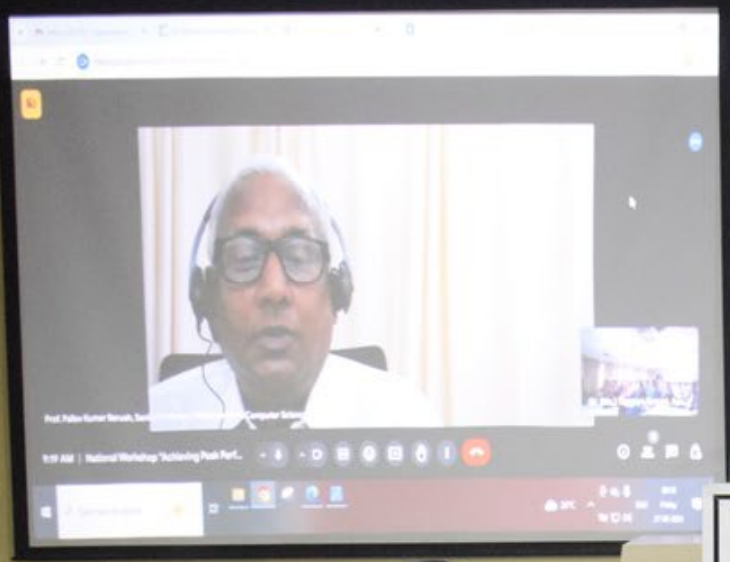
ACHIEVING PEAK PERFORMANCE: EVIDENCE-BASED STRATEGIES IN SPORTS NUTRITION & FITNESS

SESSION I

27 September 2024
Anantapur, SSSIHL

The slide features a central text box with the workshop title, flanked by illustrations of athletes in various sports. The DFNS logo is in the top right corner. The background is white with light blue accents.





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Assessing Athletes Nutrition Status: Practical Insights for Optimal Performance

Dr Geetanjali Bhide
Sports Nutritionist



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27-09-2024





Medical Assessment in Athletes



Biochemical Assessment in Athletes

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ACHIEVING PEAK PERFORMANCE:
EVIDENCE-BASED STRATEGIES
SPORTS NUTRITION & FITNESS

DATE: 27.09.2024
VENUE: MMLC, SSSIHL



CERTIFICATE
of Appreciation

Ms. Stuti Pahuja

INVITED SPEAKER





AROUND NUTRITION

ॐ
सह नावतु ।
सह भी भुवतु ।
सह वीर्यं करतु ।
तन्नमो भगवते
स्वर्षिभ्यार्यते ।
सन्निः शान्तिः ।
Brahman prathak
Brahman bhakta
the fruit of his
we both obtain
same knowledge
what we both a
path !
we shanah to
to each other
Health Churn

- Whole Food
- Grain
- Plant Food
- Dairy Food
- Meat Food
- Seafood
- Alcohol

LIST OF TYPES OF FUNCTIONAL FOODS

Functional foods are those that have health benefits beyond basic nutrition. They are often fortified with vitamins, minerals, and other nutrients. Examples include fortified cereals, probiotic yogurt, and omega-3 enriched eggs.



PERFORMANCE OPTIMIZATION THROUGH AI

DR. VIJAYA GANAGAMOLLU RAKSHITHA, ANADIVANUR, DISTRICT BELLARY
DEPT. OF SPORTS AND PHYSICAL EDUCATION, KARNATAKA
KARNATAKA

Dynamic Planning

8hr Workouts & Meal Planner
MyFitnessPal

AI algorithms generate smart, personalized plans that adjust to real-time needs and goals on the fly.

Recovery

Recovery Analytics
Pedometer

Smart clothing: "It bridges the gap between performance data and practical monitoring guidance."

Dr. Vijaya Ganagamolli Rakshitha, Anadivvanur, District Bellary
Dept. of Sports and Physical Education, Karnataka
Karnataka



ACHIEVING PEAK PERFORMANCE:
EVIDENCE-BASED STRATEGIES
IN SPORTS NUTRITION & FITNESS

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EVIDENCE-BASED STRATEGIES
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Presented to Mrs. Anandkumar in the occasion of 10th Workshop on Sports Nutrition & Fitness, 2023, "Achieving Peak Performance: Evidence Based Strategies in Sports Nutrition & Fitness" held on September 20, 2023, Department of Food and Nutritional Sciences, Sri Lanka Air Force Institute of Higher Learning, Embairan Camp, Galle, Sri Lanka.

Avany.S.Biju & Anagha.H.S.
(Team: Utsaha)

Presented to Mrs. Anandkumar in the occasion of 10th Workshop on Sports Nutrition & Fitness, 2023, "Achieving Peak Performance: Evidence Based Strategies in Sports Nutrition & Fitness" held on September 20, 2023, Department of Food and Nutritional Sciences, Sri Lanka Air Force Institute of Higher Learning, Embairan Camp, Galle, Sri Lanka.



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Presented to
**V. Nividya, L.U. Soal
Preethaa & Jambula Sai Vani
(Team: Kreedat)**



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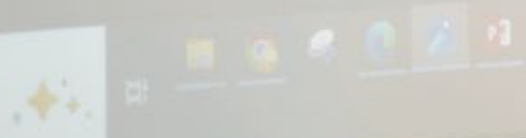
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