



SMPatel College of HomeScience

A Charutar Vidya Mandal Institute
Accredited by NAAC B++
College with Potential for Excellence (CPE-II)
Affiliated to Sardar Patel University
Vallabh Vidyanagar

Foods and Nutrition Department

Organises

in collaboration with



Association of Sports,
Nutrition and Fitness
Sciences

A National
Faculty
Development
Programme
on

*Sports
Nutrition*

Time

2:30 pm - 4:30 pm

Free Registration

90 Seats
First come,
First Serve

*E-Certificates
Shal
Be
Provided*

Module 1

Basic concepts
of sports,
exercise and
energy systems

28/02/22

Dr. Meena Godhia
Vice President- ASNFS
Former Associate Professor,
Food, Nutrition and Dietetics
Sir Vithaldas Thackersey College
of Home Science, Mumbai



Module 2

Macronutrients
and exercise

01/03/22

Dr. Rupali Sengupta
Assistant Professor
Course Coordinator, PG Diploma
in Sports Nutrition, BMN
College of Home Science,
Mumbai

Module 3

Micronutrients
and exercise

02/03/22

Dr. Subhadra Mandallika
Senior Vice President
Associate Professor College of Home
Science Nirmala Niketan
Co-author- Nutritional guidelines
for Sportspersons



Module 4

Water and electrolytes- hydration strategies, use of sports drinks

03/03/22

Ms. Susmita Jyotsi
Regional Director
Sports Authority of India,
Mumbai



Module 5

Nutritional assessment of athletes

04/03/22

Module 6

Nutritional concerns and challenges observed in different sports

&

Module 7

Nutritional Ergogenic Aids

05/03/22

By

Dr. Geetanjali Bhide
Secretary ASNFS Sports
Nutritionist- Army Rowing Node
Founder Nutritionist- Army
Sports Institute
Curadorsportsandrehabilitation
Visiting faculty- Symbiosis
International University, Pune



Organisers

Patrons

Er. Bhikhubhai B Patel
Chairman
Charutar Vidya Mandal



Shri R C Talati
Hon. Jt. Secretary
Charutar Vidya Mandal



FDP Coordinator

Dr Bhavana Chauhan

Principal



FDP Convener

Ms. Vijaya Agarwal

Coordinator
Certificate Course in
Sports Nutrition

Convener
Gujarat Chapter ASNFS



Ms Shazia Sharma

Incharge
Foods and Nutrition
Department



A Six Day National Level Faculty Development Program on “Sports Nutrition” in collaboration with Association of Sports, Nutrition and Fitness Sciences (ASNFS), Mumbai, was organised during 28th February to 6th March 2022.

Experts for the session were Dr. Meena Godhia, Vice president of ASNFS, former Associate Professor, Food Nutrition and Dietetics, SVT College of Home Science, Mumbai. gave a speech on Basic Concept of Sports, Exercise and Energy System. Dr. Rupali Sen Gupta, Assist. Professor & Course Coordinator P.G. Diploma in Sports Nutrition, BMN College of Home Science, Mumbai delivered a talk on Macronutrients and Exercise. Dr. Subhadra Mandalika, Sr. Vice President, Associate Professor, College of Home Science, Nirmala Niketan spoke on Micronutrients and Exercise. Ms. Susmita Jyotsi, Regional Director, Sports Authority of India, Mumbai, spoke on Water and Electrolyte strategies use of sports drink. Dr. Geetanjali Bhide, Secretary ASNFS, Sports Nutritionist-Army Rowing Node, Founder Nutritionist, Sports Institute, Curator Sports and Rehabilitation, Mumbai spoke on Nutrition Assessment of Athletes, Nutrition Challenges observed in different Sports and Nutritional Ergogenic Aids. Nearly fifty-eight people from all walks of life participated for the same.

The Coordinator of the Faculty Development Program was Dr. Bhavana Chauhan and the Convenor was Ms. Vijaya Agarwal.
