

लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा महाविद्यालय
LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

**SPORTS AUTHORITY OF INDIA
LAKSHMIBAI NATIONAL COLLEGE OF
PHYSICAL EDUCATION (LNCPE), Thiruvananthapuram
(UNDER THE AUSPICES OF MINISTRY OF YOUTH AFFAIRS AND SPORTS, NEW DELHI),
PHYSICAL EDUCATION FOUNDATION OF INDIA (PEFI)
&
NATIONAL ANTI-DOPING AGENCY (NADA)**

PRESENT

**ONE DAY WORKSHOP ON SPORTS
NUTRITION AND ANTI-DOPING**

ON November 11th 2024
Venue: SAI, LNCPE,
Kariyavattom, Thiruvananthapuram, Kerala



Invitation

Dear sports enthusiast,

We SAI- LNCPE, PEFI and NADA are jointly organising one day workshop on sports nutrition and anti-doping “**SPORTSCON 2024**”. India has a robust sporting population engaging in fitness activities. This one day workshop is designed to bridge the knowledge gap of sports professionals in practice. The event will feature various aspects and latest trends in sports nutrition. There is also an exclusive session on anti-doping by National Anti-doping Agency. Please join us on 11th November 2024 at SAI-LNCPE Thiruvananthapuram for this one day workshop.

Best regards

Dr. G. Kishore

Principal & Regional Head
SAI-LNCPE

Dr. Piyush Jain

National Secretary
PEFI

ORGANISING COMMITTEE

Dr. G. Kishore	Chairman
Dr. Pradip Dutta	Vice Chairman
Shri. C. Dhandapani	Vice Chairman
Dr. Sadanandan C. S.	Organising Secretary
Dr. Harsha P. S.	Organising Secretary & Scientific Head
Dr. Shaly C. M.	Joint Organising Secretary & Scientific Co-ordinator
Dr. Lamlun Buhril	Member
Shri. Ravi N. S.	Member



PROGRAMME SCHEDULE

8.30 am : Registration

SESSION 1

9.00 am : Role of gut health in athlete's performance
Dr. Rohini Raman,
RD, Clinical & Sports Nutritionist

9.30 am : Nutritional supplements and Sports.
Glimpses through the recent trends
Shri. Prasanna Choudhari,
Managing Director, Nutra Supplements

10.00 am : Inaugural Ceremony

Tea Break

11.00 am : The future of personalized sports nutrition:
Integrating food and genetics.
Ms. Laxmi Pandrala,
Founder & CEO, Lamifit

11.30 am : Impact of nutrient timing in athlete performance.
Ms. Namratha Pramod,
RD, High Performance Analyst, SAI

12.00 pm : Panel discussion on Sports Supplements

Panelists

- Dr. Rohini Raman, RD, Clinical & Sports Nutritionist,
- Ms. Namratha Pramod, RD, High Performance Analyst, SAI
- Shri. Prasanna Choudhari, Managing Director, Nutra Supplements
- Ms. Laxmi Pandrala, Founder & CEO, Lamifit
- Dr. T. S. Jayan, CEO, Madhaveeyam Ayurveda Hospital, Joint Director (RTD) Dept of ISM, Govt of Kerala



12.45 pm : Promotional Videos

Lunch Break

SESSION 2

2.00 pm : Session by NADA on Anti-doping

3.30 pm : Panel Discussion
Topic: Attitude of athletes
towards Anti-doping

Panelists

International athletes
International Coaches
NADA Officials

Closing Ceremony

REGISTRATION DETAILS

Participants	Amount
Student/research scholars/athletes	750 Rs
Delegates	1000 Rs



For payment

Name - Principal, LNCPE
A/C No - 57007268936
Bank - SBI Karyavattom
IFSC - SBIN0070043

Registration Link

<http://forms.gle/Xf9iRbssvJwPFJS97>

For further details and assistance

Dr.Sadanandan C.S-944779409

Dr.Harsha P.S- 8129763902

Dr.Shaly C.M- 9349277774

Sponsored by

Amway