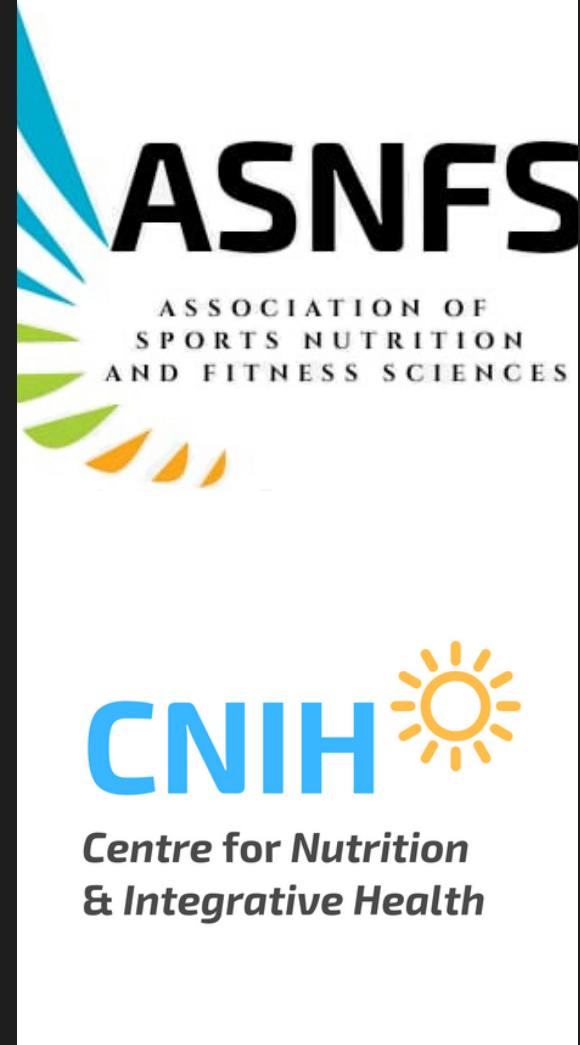


ADVANCES IN SPORTS NUTRITION



Morning Session

- Dr Geetanjali Bhide**
- Assessments - tools & techniques
 - High Protein diets
 - Micronutrients
 - WADA Guidelines
 - Debate session



Shiny Surendran

Afternoon Session



Dr Sowmya Bharani

- Badminton
- Rowing
- Martial arts
- Online quizzes
- Case studies
- Debates & discussions



Shona Prabhu

**FREE e-BOOK ON SPORTS
NUTRITION**

Day :Saturday Date:22nd Feb 2020

Venue : Pride Hotel, Bangalore

Cost: Early bird offer Rs 2000till Jan 15th;
Rs2,500 till Feb 21st & Rs 3,000 on the spot.

Lunch and Tea is included

Tickets on Mera Events