SPORTS SPECIFIC NUTRITION MANAGEMENT

ASNFS
Association of Sports Nutrition and Fitness Sciences

MEET THE FACULTY OF THE SPORTS SPECIFIC NUTRITION MANAGEMENT (SSNM) COURSE

ADVISORS

Dr. Kasturi Sen Ray

President, ASNFS
MSc. PhD. (Nutritional Biochemistry)

Dr. Subhadra Mandalika

Senior Vice President, ASNFS
MSc. PhD (Nutrition)

Dr. Meena Godhia

Vice President and Treasurer, ASNFS
MSc. PhD (Nutrition)

Dr. Geetanjali Bhide

Sports and Fitness Nutritionist
Dr Geetanjali Bhide's Nutrition and Research LLP
PhD (Sports Nutrition), University of Mumbai
Founder Nutritionist, Army Sports Institute
Author "Nutritional Guidelines for Sportspersons"

Module on Fundamentals of Sports, Exercise and Nutrition, Diet Planning in Sports, Nutrition in Endurance Sports

Ms. Shiny Surendran

Preventive and Sports Nutritionist
IOC Diploma in Sports Nutrition
Masters in Dietetics and Food Service
Women's Christian College, Chennai

Module on Nutrition for Racket Sports (Tennis)

Dr. Mridula Naik

Pediatric Nutritionist, The Children's Clinic, Bangalore
Masters in Sports and Exercise Nutrition, PhD (Nutrition), SNDT University, Mumbai, Trained in Ketogenic Diet, Therapeutic Food Plans, IFM, USA
Content Creation and Competitive Intelligence

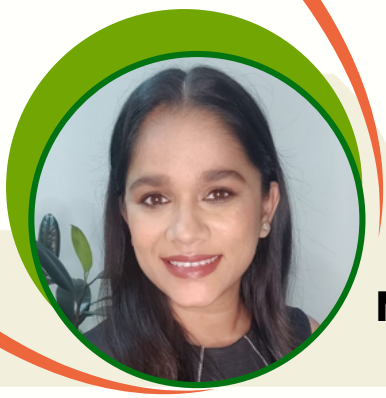
Module on Nutrition for the Child and Adolescent Athlete

Ms. Romaisa Khan

Sports Nutritionist
MSc Sports and Exercise Nutrition, Leeds Becket University, UK
Sports Nutritionist, Gauri Murthy Sports Center,
Faculty Nirmala Niketan
Former Researcher, Rush Football Club, Mumbai

Module on Nutrition for Team Sports (Football)

Ms. Apurva Surve



Masters in Food Science and Nutrition
IOC Diploma in Sports Nutrition
International Mallakhamb Judge
Winner of Shiv Chatrapati Award for Excellence in Sports, Govt of Maharashtra
Former Sports Nutritionist, SAI Aurangabad

Module on Nutrition for Indian Sports

Ms. Gauri Murthy

Sports and Wellness Nutritionist
Gauri Murthy's Nutrition Center and Academy
Masters in Food, Nutrition and Dietetics
Specialist in Performance Nutrition (SPN), ISSA
UGC-NET, Certification in Anthropometry, Nutrigenomics and Onco-nutrition

Module on Introduction to Sports Nutrition Supplements

Dr. Sripriya Mahesh

Nutritionist (Sports, Oncology and Wellness)
PhD (Nutritional Sciences), Rutgers University, USA
Masters in Sports and Exercise Nutrition
Certification in Ketogenic diet therapy and Functional Nutrition

Module on Nutrition for Indian Sports, Nutrition for Training under Different Environmental Conditions

LIVE WEBINARS

Dr. Geetanjali Bhide
Sports Nutritionist
Training & Nutrition Periodization

Ms. Amruta Kharkhanis
Sports Psychologist
Improving Client Compliance

Dr. Rana Chengappa
Sports Medicine
Doping Control in Sports

Ms. Gauri Murthy
Supplement Expert
Writing a Sports Supplement Prescription

SPORTS SPECIFIC
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COURSE COORDINATORS

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Secretary

Dr. Sripriya Mahesh

Additional Treasurer

Dr. Mridula Naik

Additional Secretary

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