

DEPARTMENT OF NUTRITION

Report on Guest Lecture / Workshop on

ROLE OF NUTRITION FOR COMPETITIVE EDGE IN SPORTS PERFORMANCE

Date: 12th January 2024

Time: 12.00-1.30pm

Brochure:



St. Francis
College for Women
Begumpet, Hyderabad-500016
(Autonomous & Affiliated to Osmania University)

जैवप्रौद्योगिकी विभाग
DEPARTMENT OF
BIOTECHNOLOGY

SUSTAINABLE
DEVELOPMENT
GOALS
SFC supports SDG

DBT STAR COLLEGE
(Under Strengthening Component)
Department of Nutrition
Organizes a
Guest lecture

Resource Person


Ms. ROHINI RAMAN
Director & Chief Nutrition Consultant ,
Starlite Nutrition Centre

**"Role of Nutrition for Competitive
Edge in Sports Performance"**

Date : 12 -01-2024 | Time : 12.00 to 1.30 pm | Venue : Capitanio Hall

The Department of Nutrition organized a guest lecture on the topic “Role of Nutrition for Competitive Edge in Sports Performance” under DBT STAR COLLEGE (Strengthening Component) for the UG students of I /II / IIIyear (Combination). Around 180 students and 7 faculty members participated. The resource person for the event was Dr. Rohini Raman, Director, and Chief Nutrition Consultant, Starlite Nutrition Centre, Hyderabad.

Objectives:

1. To understand the role of Nutrition in Sports and Athletic performance
2. To understand the importance of Sports Nutrition in career path

Outcomes:

1. This session helped the students understand the role of different nutrients and nutritional supplements in the performance of a sports person.
2. This session provided an insight for the students to choose different avenues in the field of Sports Nutrition.

Pictures



Dr. Rohini addressing the students



Faculty Members with the speaker