



Program Schedule

Time	Topic	Speaker
10.00 Am	Welcome Address	Alok Shirodkar Founder Krunch Fitness Media Amjad Khan / Ritu Maggo REPS India
10.30 Am to 11.45 Am	Online Fitness Coaching: The Key to Accelerating your Career!	Ketan Mavinkurve Founder & CEO The Alpha Coach
11.45 Am to 12.45 Pm	Cutting through the Noise: Making sense of Nutrition Buzzwords	Archit Kaul / Sushil Dhokne K11 School Of Fitness Sciences
12.45 Pm to 1.00 Pm	Importance of Body Composition Analyzers	Aakashdeep Singh Kaith Inbody
	Lunch Break	
02.00 Pm to 02.45 Pm	Effective workout using equipment Gym or Home	Aminder Singh Founder Team Aminder
02.45 Pm to 03.30 Pm	Shortcuts to bodybuilding The Epidemic of usage of banned substance in youth.	Dr Chirag Sethi Managing Director & Chief Mentor Classic Fitness Academy
	Tea Break	
03.45 Pm to 04.15 Pm	Role of internal body systems in body transformations	Dr Vishal Gupta Author and Fitness Educationist
4.30 Pm to 5.30 Pm	Panel Discussion & Q&A	
	Vote Of Thanks	