



Program Schedule

Time	Topic	Speaker
09.45 Am	Welcome Address & Lamp Lighting Ceremony	Alok Shirodkar Founder – Krunch Fitness Media Amjad Khan Founder & Director – REPS India Chair – GMD ICREPs Chair – IAEE Ltd. ICREPs
10.00 Am to 11.00 Am	Ketogenic Diet for improving sports performance	Shwetha Bhatia Registered Dietician (Indian Dietetic Association) Founder Mind Your Fitness
11.00 Am to 11.15 Am	Collagen – Vegetarian Alternative for Indian Market	Aaditya Seth Director - INJA Wellness
11.15 Am to 11.30 Pm	Indian Sports Nutrition Market Outlook	Rajesh Dave Vice President Sales & Marketing Naturell India
11.30 Pm to 12.30 Pm	Sports Nutrition for Healing, Recovery and Optimal Performance	IFBB Pro Rita Jairath Athlete and International Judge TedX Speaker Founder, Proksham
12.30 Pm to 12.45 Pm	Importance of Body Composition Analysis	Mr Austin Lee, Regional Head, InBody
	LUNCH BREAK	



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2.00 Pm to 3.00 Pm	Chiseled Physique with home based diet & biomechanically sound workout	Aminder Singh Natural Transformation Specialist
3.00 pm to 4.00 Pm	Exercise Selection & Functional Biomechanics	Gajendra Rajpurohit Master Trainer - Technogym Italy NASM, CHFI, MoveU Certified Movement Coach Gold Elite Trainer (Strydom Academy USA) N1 Biomechanics Coach Founder Inner Circle Private Fitness Studio Pune
	TEA BREAK	
4.30 Pm to 5.30 Pm	Panel Discussion	Panelists TBA