



## Program Schedule

Time	Topic	Speaker
10.00 Am	Welcome Address & Lamp Lighting Ceremony & Address By Chief Guest TO BE ANNOUNCED	<b>Alok Shirodkar</b> Founder – Krunch Fitness Media  <b>Ritu Maggo</b> CEO – REPS India
10.30 Am to 11.30 Am	The Role of Exercise in T2 Diabetes & Heart Health Management	<b>Omkar Chincholkar</b> Director OMFIT Pvt. Ltd
11.30 Am to 12.30 Am	<b>YOGA</b> A Complementary Approach to Strength Training for Functional Movement Patterns & Mobility	<b>Aakaash Ramchandani</b> Founder - SutraLETICSS, Integrative Health & Fitness Coach REPS India Registered Exercise Professional
12.30 Am to 01.00 Pm	‘No Excuses’ Protein for Everyone	<b>Tanvi Tapadia</b> Nutritionist & Athlete (Powerlifting Champion) Human Performance Nutrition K11 School of Fitness Sciences Founder TOUGHEN UP WITH T.



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	Lunch Break	
02.00 Pm to 03.00 Pm	Deconstructing Dietary Supplements Myths, Scams and Facts	<b>Samit Gupta</b> Founder NEULIFE
03.00 Pm to 04.00 Pm	Crafting Your Fitness Future: Unveiling the Strategic Blueprint – Exploring the Exit Strategy in Personal Training	<b>Gajendra Rajpurohit</b> 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
	Tea Break	
04.30 Pm to 05.30 Pm	Principles of Exercise Programming	<b>Vivek Singh Rajput</b> Head of Exercise Science K11 school of fitness sciences REPS India Registered Exercise Professional
	Vote Of Thanks	