

## Valedictory Address



### **Dr. S. Kanchana**

Dean  
Community Science College and Research Institute  
Tamil Nadu Agricultural University Campus  
Madurai

## Vote of Thanks



### **Ms. C. Anitha**

Assistant Professor  
Department of Home Science  
Seethalakshmi Ramaswami College, Tiruchirappalli



## SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University

Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)



## INTERNATIONAL VIRTUAL CONFERENCE

*On*

# APPAREL AND NUTRA-ERGONOMIC CONSIDERATIONS IN ENHANCING SPORTS PERFORMANCE

*Organize*

DEPARTMENT OF HOME SCIENCE & PHYSICAL EDUCATION

22.01.2024

### Welcome Address



#### **Dr.T.Suthamathi**

Directress of Physical Education  
Seethalakshmi Ramaswami College  
Tiruchirappalli

### Inaugural Address



#### **Dr.R.Kalidasan**

Professor and Head  
Department of Physical Education and Yoga  
Bharathidasan University, Tamil Nadu, India

### Presidential Address



#### **Dr.M.Vasuki**

Principal  
Seethalakshmi Ramaswami College  
Tiruchirappalli, Tamilnadu, India

### Thematic Address



#### **Dr.A.Shakila**

Head & Associate Professor  
Department of Home Science  
Seethalakshmi Ramaswami College, Tiruchirappalli

### SESSION 1

Topic : Nutrition for Sports Person



#### **Dr.R.Ram Mohan Singh**

Associate Professor  
Department of Physical Education and Sports  
School of Humanities  
Pondicherry University, Pondicherry, India

### SESSION 2

Topic : Three Vital Nutrients in Making a Champion



#### **Dr.Hilda Vasantha Kaalam**

Associate Professor  
Department of Food Science & Technology  
School of Agriculture and Food Sciences  
College of Agriculture Animal Science and  
Veterinary Medicine (CAVM)  
University of Rwanda, Rwanda, Africa

23.01.2024

### SESSION 3

Topic : Ergogenic Foods Effects in Sports



#### **Miss.K.Saranya (RD)**

High Performance Analyst – Nutritionist  
Netaji Subhas National Institute of Sports  
Sports Authority of India  
Patiala, Punjab - 147 002, India

### SESSION 4

Topic : Smart Textiles Application for Sports



#### **Mr.P.Lakshmana Kanth**

Senior Faculty & Principal(i/c)  
Institute of Fashion Technology  
Kollam Kerala