

# ALBERTIAN KNOWLEDGE SUMMIT 2023

**INTERNATIONAL CONFERENCE  
ON MULTIDISCIPLINARY RESEARCH**



**ST. ALBERT'S COLLEGE (AUTONOMOUS)**

**Banerji Road, Ernakulam, Kochi - 682018, Kerala India**

**An Initiative of Archdiocese of Verapoly**

**Affiliated to Mahatma Gandhi University, Kottayam**

*HOSTED BY*

**B.VOC. SPORTS NUTRITION AND PHYSIOTHERAPY**

**IN ASSOCIATION WITH OFFICE OF THE DEAN RESEARCH**

## **NUTRITION FOR SPORTS AND EXERCISE**

**04<sup>th</sup> February 2023 @ 9.30 am**

**VENUE: Mellano Hall  
St Albert's College (Autonomous)  
Ernakulam**



## About the College

St. Albert's College is an Autonomous Institution situated at the heart of the city of Kochi, affiliated to the Mahatma Gandhi University, Kottayam and is functioning under the management of the Archdiocese of Verapoly. Our vision is to be a centre of excellence in all endeavours, focusing on learning outcomes, teaching, research, consultancy, community involvement and nation building.

## About B. Voc Sports Nutrition and Physiotherapy

The B.Voc. program in Sports Nutrition and Physiotherapy incorporates the demands of various sectors of the health care industry and creates a holistic graduate. It's a 3-year degree program with 6 semesters. The students learn Basic Nutrition, Nutritional Biochemistry, Food Microbiology, Physiology, Anatomy, Sports Physiotherapy, Sports Psychology, Dietetics, Sports Nutrition, Electrotherapy, Physiology of Sports and Exercise, Biomechanics, First Aid and Yoga. We facilitate Internship and On the Job training in every odd and even semesters in reputed institutions. In addition to the practical aspects, this program provides students with the necessary theoretical knowledge and skills to enter the field of Sports Nutrition, Consultant Dietitian, Fitness Consultant, Assistants in Physical Therapy and Exercise Rehabilitation.

## About the Conference

We at St. Albert's College (Autonomous) strongly believe in sharing cutting edge research outcomes for opening the right path in scholastic minds particularly the younger ones.

Organized under the focal theme 'Knowledge for Everyone in the Society' the Albertian Knowledge Summit (AKS) - An International Conference on Multidisciplinary Research has been conducted every year since 2016-17 academic years. It is a platform where many national and international scientists /industrialists visit the college and deliver talks in their areas of expertise; interact with students, research scholars and teachers.

The Conference on Nutrition for Sports and Exercise provide a platform for exploring the challenges of Nutrition in Sports Performance as well as the need of Physical Therapy in Sports Injury Management.





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## 'NUTRITION FOR SPORTS AND EXERCISE'

### **Mrs. CINDIN JOHN**

Sports Nutritionist  
SAI, NCOE, Alleppey  
"Quality Performance in Water Sports Athletes  
through Proper Nutrition"



### **DR. KEREN SUSAN CHERIAN**

Assistant Professor in Sports Nutrition  
National Sports University (NSU)  
Imphal, Manipur  
"Perspectives on Macronutrient Periodization in Sports"



### **DR REMYA P M (PT)**

HOD and Assistant Professor  
B.Voc. SNPT  
Alphonsa College, Pala  
"Physiotherapy in Sports Injury Management"



OUR SPEAKERS



## Programme Chart

9.30 am	:	Prayer
Inaguration by	:	<b>Rev Dr Antony Thoppil</b> Chairman and Manager, St Albert's College ( Autonomous), Ernakulam
10.00 am - 11.00 am <b>Session I</b>	:	<b>Mrs Cindin John</b> "Quality Performance in Water Sports Athletes through Proper Nutrition"
11.15- 11.30 - <b>Tea Break</b>		
11.30- 12.30 pm <b>Session II</b>	:	<b>Dr Keren Susan Cherian</b> "Perspectives on Macronutrient Periodization in Sports"
12.45- 1.45 <b>Lunch Break</b>		
1.45 - 2.45 pm <b>Session III</b>	:	<b>Dr Remya PM ( PT)</b> "Physiotherapy in Sports Injury Management"
3.00 pm	:	Valedictory Session

### Convenors:

Mrs.Minitha Susan Joseph, HOD in Charge, 7012404484  
Ms. Anjana N.S, Assistant Professor

### Staff Coordinators:

Ms. Ponni Byju, Assistant Professor  
Mrs. Amrutha Raveendran Guest Faculty

### Student coordinator :

Karthika P.J  
Joel Antony  
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