

सोलापूर विद्यापीठ

क्रीडा विभाग

सोलापूर पुणे महामार्ग, केगांव, सोलापूर-४१३ २५५ (महाराष्ट्र)
ईपीएबीएक्स-०२१७-२७४४७७८ (११ लाईन्स)
विस्तृत क्र.१७८, फॅक्स नं.- ०२१७-२७४४७७०
वेबसाईट: <http://su.digitaluniversity.ac/www.sus.ac.in>
ई-मेल: sports@sus.ac.in, registrar@sus.ac.in



SOLAPUR UNIVERSITY

Sports Section

Solapur Pune National Highway, Kegaon,
Solapur - 413 255. (Maharashtra)
EPABX No.0217-2744778 (11 Lines)
Ext.No.178, Fax No.0217-2744770
website: <http://su.digitaluniversity.ac/www.sus.ac.in>
email id: sports@sus.ac.in, registrar@sus.ac.in

जा क्र: सोविसो/क्रीडा/२०१८-१९/११०६१

दि. 27 DEC 2018

प्रति,

मा.प्राचार्य / संचालक,
सर्व संलग्नित महाविद्यालय,
सोलापूर विद्यापीठ, सोलापूर

विषय: विद्यापीठात Importance of Nutritions in Sports याविषयावर आयोजित एक दिवसीय राष्ट्रीय कार्यशाळेस उपस्थित राहणेबाबत...

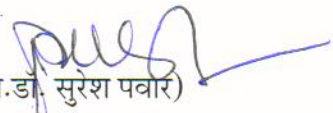
महोदय,

क्रिडा व शारीरिक शिक्षण, सोलापूर विद्यापीठ व National Association of Physical Education and Sports Sciences यांच्या संयुक्त विद्यमाने दि. ६ जानेवारी, २०१९ रोजी Importance of Nutritions in Sports या विषयावर महिला महाविद्यालय, नंदनवन, नागपूर येथील प्राध्यापिका तसेच आहारशास्त्र तज्ञ डॉ. श्रीमती. मनाली काणे यांचे एक दिवसीय राष्ट्रीय कार्यशाळेचे सोलापूर विद्यापीठ सभागृह येथे आयोजन करण्याचे योजले आहे. सदरची कार्यशाळा सोलापूर विद्यापीठ व संलग्नीत महाविद्यालयातील शिक्षक व विद्यार्थी (खेळाडू) यांच्याकरिता आयोजित केलेली असून या कार्यशाळेद्वारे त्यांना खेळातील पोषणयुक्त आहाराचे महत्व याचे मार्गदर्शन करण्यात येणार आहे.

तरी, सदरच्या कार्यशाळेस आपल्या महाविद्यालयातील शारीरिक शिक्षण संचालक किंवा त्यांचा प्रतिनिधी व ५ खेळाडूंना पाठविण्यात यावे. त्यांच्या नोंदणी फी व T. A. चा खर्च संबंधीत महाविद्यालयाच्या जिमखाना फी मधून खर्च करावा.



आपला विश्वासू,


(प्रा.डॉ. सुरश पवार)
संचालक,

शारीरिक शिक्षण व क्रिडा,
सोलापूर विद्यापीठ, सोलापूर

About The Solapur University

Solapur University was established in the year 2004 by the Government of Maharashtra State. It is young University with jurisdiction of Solapur district and has made substantial progress in academics, Sports, Cultural, Physical Education and Sports, Physical, Chemical, Computational, Earth and Social Sciences. With this background, Solapur University caters the needs of over 1,00,000 students' community. The university is poised for an ambitious growth and is becoming a hub of various academic activities. A Good number of Engineering, Agricultural, Architectural, Medical and Traditional subject institutions of national repute are located in and around the city. Solapur district borders with Telengana& Karnataka State, is secular and yet rural culture to its core. This background makes the University to stand for transcendent principles embodying the noble mission, having progressive and forward looking educational institute of eminence. The Solapur University is a citadel of higher education and learning. Recently University has decided to bring its various departments as the centres of higher learning with super specialization in the fields and working under a common interdisciplinary umbrella of the various schools.

Local Advisory Committee

- ◆ Prof. V. B. Patil
- ◆ Prof. V. B. Ghute
- ◆ Dr. B. C. Shewale
- ◆ Dr. S. R. Kokare
- ◆ Dr. S. K. Pawar
- ◆ Dr. A.H. Jagtap
- ◆ Dr. P. N. Kolekar
- ◆ Shri. N.K. Deshpande
- ◆ Shri. Santosh Gavali
- ◆ Shri. Sachin Gaikwad
- ◆ Shri. Anand Chavan
- ◆ Dr. Kiran Chokakkar

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Dr. Mrunalini Fadnavis

Hon. Vice-Chancellor
Solapur University, Solapur.

Patron

Dr. P. N. Deshmukh

President, NAPESS

Convener

Prof. V. B. Patil

OSD, Solapur University, Solapur.

Co-Convener's

Prof. V. B. Ghute

I/c Registrar, Solapur University, Solapur.

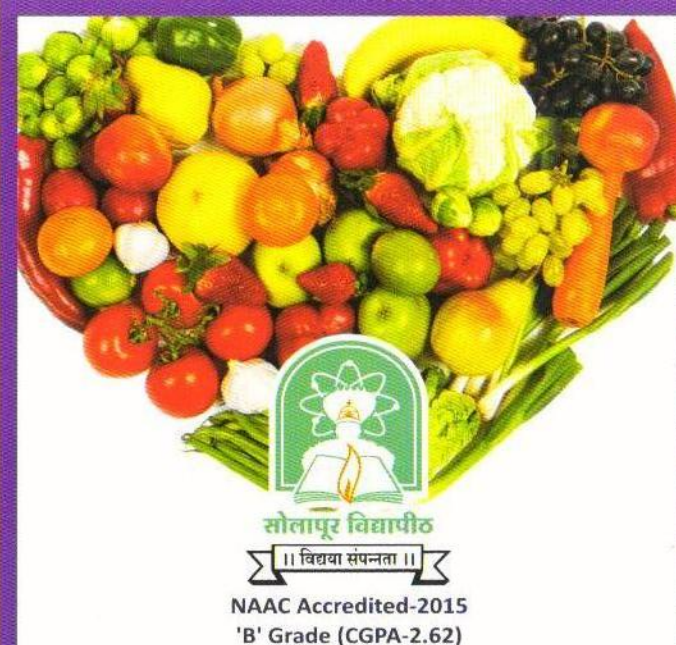
Dr. A. H. Jagtap

Medical Officer, Solapur University, Solapur.

Secretary

Dr. S. K. Pawar

Director of Sports, Solapur University, Solapur



National Workshop on " Importance of Nutrition in Sports "

Date : 6th January, 2019

Venue : Auditorium Hall, Solapur University, Solapur

* Organized by *

**Director of Sports and Physical Education
Solapur University, Solapur**

In Association with National Association of
Physical Education & Sports Sciences

* Address for Correspondence *

Dr. S. K. Pawar

Director of Sports, Solapur University
Solapur, Maharashtra-413255
E-mail: drsureshpawar19622@gmail.com
Tel : +91217-2744778 Ext. 233
Fax: +91217-2744770

* Resource Person *

Dr. Manali Kane

Mahila Mahavidyalaya, Nandanvan, Nagpur.

About The Workshop

Food performs very important role in human life cycle. Every development stages of life needs different quantity of Nutrients. Type of activity has an influence on nutritional requirement. Exercise & Sports is a natural desire of human body. When we want to be become a sports person, special attention is needed. Nutrition is a major contributor to an athlete's overall performance. The main role of sports nutrition is to support the training program. So eating for performance will change as the training regime changes. Your body needs adequate fuel for athletics, eat a healthy meal or snack loaded with protein & carbohydrates for instant energy and to fulfill water as well as Sodium, Potassium requirement. If you do not get required amount of carbohydrates during endurance, muscles broken down to supply energy. Poor nutritional status reflects poor endurance level. It is generalized observation that knowledge regarding nutrition is upgraded in concerned coaches as well as sport persons. In the initial stages of endurance workshop nutritional care is must, for the long life fitness of an athlete. To overcome these issues this session is organized to impart the latest trends in sports nutrition.

● Technical Committee ●

Mr. Vaibhav Pawar

Ms. Ashwini Hattarge

Mr. Nanak Latake

● Publicity Committee ●

Mr. Rahul Vanjari

● Registration Committee ●

Mr. Atul Dhaingade

Mr. Ganesh Shinde

● Accommodation Committee ●

Mr. Vaibhav Pawar

Mr. Ganesh Shinde

● Transportation Committee ●

Mr. Ravi Hukkeri

Mr. Swapnil Ambare

Registration Fee

Student / Research Scholar : Rs. 300

Faculty : Rs. 500

Registration fees include workshop kit, working lunch Registration fees should be paid / transferred through NEFT/Online banking/ Wire transfer systems.

*** The bank details are ***

Central Bank of India (Kondi Branch)

A/C No.: 3155870169

IFSC Code : CBIN0282815

After transfer of registration fees, the payment slip should be attached with the registration form.

About The Solapur

Solapur, an ancient historical and religious place with Shri.Sidharameshwar as its Gramdevata, is a historical important since the 12th century. The presiding deity of Maharashtra, Lord Vitthal is located at a distance of 70kms(Pandharpur) from Solapur. Swami Samarth of Akkalkot has followers from all walks of life and a famous religious place, Tuljapur, is just 43kms from Solapur.

Solapur is famous as a textile Manchester especially, owing to its talented weaver's community and is an important railway junction on the North-South train line. Solapur is one of the important "Smart Cities" of India & a city of labour. Solapur is transport hub connecting Maharashtra, Karnataka and Telengana and is well connected by road and rail to major districts and cities in India. A historical famous, Golghumbaj at Bijapur is 100kms from Solapur.Solapur has a rich market of Chaddar, Handlum Turkish towel and beddi industries. In January the average temperature of Solapur is around 280 C with a pleasant shade of arrival of winter.



National Workshop on
“Importance of Nutrition in Sports”

Date : 6th January, 2019

Organised by
Director of Sports and Physical Education
Solapur University, Solapur
In Association with National Association of Physical Education & Sports Sciences

Registration Form

Name of Participant : _____

Name of College/ Organization : _____

Mobile No. : _____ E-mail : _____

Payment Details :

1) Registration Category :

- Student /Research Scholar :- Rs. 300
 Faculty :- Rs. 500

2) Online Payment Details :

Payment Date: _____ Amount Rs. : _____

Transaction Details: _____

Accommodation Required (Only for out of station Participants) (Yes/ No) : _____

Signature of Applicant

***Send this form before Jan. 05, 2019 to :-**

Dr. S. K. Pawar,

Director of Sports & Physical Education,

Solapur University, Solapur- 413255

E-mail : drsureshpawar1962@gmail.com Tel : +91217-2744770*233

Note: - 1. On the spot registration & fee payment facility is also available.

2. For more details regarding registration contact on these numbers : 8788117923/7249748074