



Avinashilingam
Institute for Home Science and Higher Education for Women
University

(Estb. w/s 3 of UGC Act 1956)
Coimbatore - 641 043, Tamil Nadu, India

UGC & DST Sponsored

International Conference on Sports and Nutrition



jointly organized by the

Department of Food Science and Nutrition & Department of Physical Education

Venue : Thiruchitrabala Auditorium

Date : 8th and 9th March, 2012



About the University

Following the tradition of academic excellence, Avinashilingam Institute for Home Science and Higher Education for Women is one of the leading Universities in South India founded in the year 1957 as the Avinashilingam Home Science College for Women by Dr. T. S. Avinashilingam, the veteran freedom fighter and the first Education Minister of Tamil Nadu. It was nurtured by the world renowned doyen of nutrition, philanthropist and first Chancellor of the University, Dr. Rajammal P. Devadas, the architect, who raised the institute to its present heights as University, with her extreme effort. At present our dynamic Chancellor Dr. T.S.K. Meenakshisundaram plays key role in administration. Our scintillating Vice Chancellor Dr. Sheela Ramachandran is an academicians-cum-researcher with a keen vision towards reformation in higher education who is set to take the institution to greater global heights. The University has competent staff members and around 6000 students at undergraduate, post graduate and research levels in the faculties of Home Science, Science, Humanities, Management, Education, Community Education and Engineering.

The city of Coimbatore is called the Manchester of South India. It is situated at the foot hills of the western ghats. The conference venue is situated in the centre of the city and is the hub of academic and research activity.

Need for the Conference

India is making rapid strides in the field of sports and Indian athletes are endeavouring their best to top in the national and international arena. Though rigorous training is given to athletes, yet their performance is often obstructed by nutritional deficiencies and disorders. Sports scientists and nutritionists alike, now realize that adequate nutrition coupled with scientific training alone can give the winning edge to athletes. Hence there is a dire need for sports scientists and nutritionists to arrive at a common consensus to tap the maximum performance potentials of athletes. This conference is an effort towards this end and aims to bring together the academicians, athletes and nutritionists on a common platform to sensitize policy makers and stake holders to formulate methodologies to enhance athletic performance.

Theme of the Conference

The International Conference on Sports and Nutrition (INCOSAN 2012) is to be a common forum for the paper presenters and participants to share their knowledge and experience in sports, nutrition and allied sciences. The theme of the conference is **"MODERN SCIENTIFIC TECHNOLOGIES TO EMPOWER SPORTS PERSONNEL"**.

SUB THEMES FOR ORAL/ POSTER PRESENTATION

- Sports Nutrition for Health and Yoga
- Sports Nutrition Education for Trainers and Sportsmen
- Ergogenic Aids for Performance
- Food Supplements for Physical Fitness Competence
- Emerging Trends in Sports Nutrition and Allied Sciences
- Sports Medicine
- Sports Physiotherapy
- Sport Biomechanics
- Sports Analysis and Software
- Sports Training & Technological Innovations
- Sports Pediatrics & Gerontology
- Women and Sports
- Sports Psychology and Sociology
- Operational Sports Pedagogy
- Adapted Physical Education
- Adventure Sports
- Stress Management

Structure

The conference will include a wide range of activities to facilitate the exchange of ideas and information - keynote addresses, panel discussions, paper/poster presentations, interactive sessions, exhibition and demonstrations related to various sub themes.

Keynote address

Keynote addresses will be delivered by scientists of National and International repute on the following tentative themes.

Early Childhood Nutrition could Influence Performance

Dr. B. Sesikaran

Director, NIN, Hyderabad

Importance of Nutrition in Sports Performance

Dr. Y. Venkata Ramana

Deputy Director, NIN, Hyderabad

Stress, Health and Yoga

Dr. J. S. Bhuvaneshwaran,

Prof. and Head, Dept. of Cardiology, PSGIMS, Coimbatore

Role of Physical Education Teacher in Promoting Preventive Health

Major. Dr. S. Bhakthiar Choudary

Senior Consultant, Sports Medicine, Hyderabad

"Food Supplements for Physical Fitness"

Dr. Mahender Appukutty

Senior Lecturer of Nutrition, Sports Science and Recreation, University MARA Malaysia

Sports and Biomechanics

Dr. Saju Joseph

Functional Sport Biomechanist, Malaysia

Panel Discussions

Discussion by the experts on the theme of conference

Paper Presentation

Only research papers will be accepted for presentation.

Poster Presentation

Abstracts only should be sent. Poster should be prepared in English. It should be self explanatory to enable comprehension by the visitors even in the absence of the authors.

Imperative Minutes

Each participant can send one entry, either for oral or poster presentation. No participant can send more than two abstracts

Format for Abstract -A4, 250 words, Times New Roman, 12 pt, Single space in electronic format to incosan2012@gmail.com with their Name and Address on or before 10th Jan. '12

Electronic format will be accepted only after receiving the hard copy

Preference for presentation in oral/poster session should be indicated. However, depending on the suitability and availability of time, the Scientific Committee will make the final decision.

Information on abstract selection will be intimated through e-mail only.

Decision of the Scientific Committee will be considered final.

Full papers of 5 pages -A4, Times New Roman, 12 pt, 1.5 line spacing with title, names of author(s), presenting author underlined, official address, Email-id, abstract, key words (6), Introduction, Methodology, Results and Discussion, Conclusion and References in electronic format should be sent on or before 25th Jan. '12

At least one author for each paper should get registered for the conference. Registered entries only will be considered.

Selected articles with abstract have to be submitted in soft copy to incosan2012@gmail.com and hard copy to the organizing secretary and will be published in the Conference Proceedings with ISBN.

Poster board will be of 100x100cm size.

Poster presenters are responsible for mounting and removing their posters on the designated poster board

Even if you do not wish to present a paper, you can register for and attend the conference.

Interactive Sessions on Various Sub Themes

Interactive sessions for sharing experiences with elite athletes and renowned sports nutritionists.

Exhibitions and Demonstrations

There will be an exposition of products and services in the field. Organizations and groups interested in participating are invited to contact the organizers.

Post Conference Event

For interested budding athletes, Coaches and Parents, on **10th March, 2012.**

Who Should Attend?

Conference invites the participants from all over the globe who are involved in Sports and Nutrition. The following groups of professionals are encouraged to attend:

- * Academicians in Sports/Nutrition
- * Sports Managers and Administrators
- * Coaches and Trainers
- * Technical Officials
- * Sport Consultants / Enthusiasts
- * Nutritionists and Dietitians
- * Physicians and Physiotherapists
- * Representatives from Educational Institutions
- * Sport Policy Makers
- * Students -Physical Education / Nutrition / Dietetics

Registration Details

Registration Category	On or before 10th Jan. '12	Desk Registration
Indian Delegates	₹ 2000/-	₹ 2500/-
Foreign Delegates	US \$ 300	-
Student		
Indian	₹ 750/-	₹ 1000/-
Foreign	US \$ 100	-

- The payment for registration has to be made as Demand Draft drawn from any Nationalized Bank in favour of **The Registrar - INCOSAN 2012, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 43.**
- The presenters must write their Name and Address and specify "INCOSAN, 2012" at the back of the Demand Draft.
- The hard copy, Registration Form along with the DD are to be sent to:
The Organising Secretary, INCOSAN 2012, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 43, Tamil Nadu, India.
- Students and research scholars can obtain the proceedings on payment of an additional amount of ₹ 250/-

For inquiries or assistance, please contact:

Organizing Secretaries

Dr. M. Sylvia Subagaya ☎ 91 99443 84137, ssubagaya@pooocoo.in
Dr. R. Saravana Prabha ☎ 91 98430 26286, saravap@rediffmail.com
Dr. S. Thilakavathy ☎ 91 99943 27041, sthilakav@rediffmail.com
Dr. P. Vanithamani ☎ 91 94436 99178, vanithamani@vivo.co.in
Website: www.ainity.ac.in / Email: incosan2012@gmail.com

PATRONS



Dr. S.S. Muralidharan
Chancellor



Dr. Stella Ramakrishnan
Vice Chancellor



Dr. Smt. Sankshitha
Regent

INCOSAN 2012 Committee

Internal Advisory Committee

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Dr. R. Chandra, Dean, Education

Dr. Premakumari,

Dean Home Science & Head Dept. of Food Science & Nutrition

Dr. N. Bhooma, Professor, Food Science & Nutrition

Dr. T. Vimala Ko Sasi, Head, Dept. of Physical Education

External Advisory Committee

Dr. Y. Venkata Ramana, Deputy Director, NIN,

Hyderabad.

Dr. S. Alagesan, Dean, Faculty of General and Adapted Physical Education, Vivekananda University.

Organizing Secretaries

Dr. M. Sylvia Subagaya, Asst. Prof., Dept. of Food Science & Nutrition

Dr. S. Thilakavathy, Asst. Prof., Dept. of Food Science & Nutrition

Dr. R. Saravana Prabha, Asst. Prof., Dept. of Physical Education

Dr. P. Vanithamani, Asst. Prof., Dept. of Physical Education

Events Coordinating Committee

Food Science & Nutrition

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Dr. C. Yegammai, Associate Professor

Dr. M. Anithaveni, Professor

Dr. S. Radhadevi, Associate Professor, Statistics

Dr. S. Kowsalya, Associate Professor

Dr. A. Thirumani Devi, Associate Professor

Dr. C. A. Kalpana, Asst. Professor

Dr. P.A. Raajeswari, Asst. Professor

Physical Education

Dr. T. Shanmugavalli, Associate Professor

Mrs. K. Lakshmi Kalpana Roy, Lecturer

Mrs. K. Sandhi, Lecturer

Ms. N. Mekala, Lecturer

Ms. S. Archana Mani Malathi, Lecturer

Registration Form

Dr. M. SYLVIA SUBAPRIYA

The Organising Secretary, INCOSAN 2012,
Department of Food Science and Nutrition,
Avinashilingam Institute for Home Science and Higher Education for Women,
Coimbatore - 641043, Tamil Nadu



NAME IN BLOCK LETTERS

DESIGNATION

NAME & ADDRESS OF THE ORGANISATION

PHONE (O) (R) (M)

E-mail

Gender Male Female

Status of the participant Delegate Research Scholar

Please Tick any one option

I intend to attend the conference and present a paper/ poster.

I intend to only attend the conference.

Details of payment

DD No. Bank Name & Branch

Amount : Date:

Place :

Date : Signature of the delegate

For inquiries or assistance, please contact Organising Secretaries

Abstracts / Papers: Dr. M. Sylvia Subapriya P O: 99443 84137, sylviadsubapriya@yahoo.co.in

Registration Dr. Saravanan Pruthi P O: 98430 76286, sportprison@gmail.com

Hotel Tariff

For accommodation please contact the following addresses :

Hotels		Single	Double
Ratna Residency	(Ph : 0422 - 4225666)	₹ 1750	₹ 2000
Sri Aarvee	(Ph : 0422 - 2523677, 2519577)	₹ 1900	₹ 1900
Sri Murugan	(Ph : 0422 - 4362473)	₹ 1200	₹ 1500
Annamalai	(Ph : 0422 - 4291000, 2200223)	₹ 550	₹ 680
Vijay Paradise	(Ph : 0422 - 2452222)	₹ 990	₹ 1200
Gujarat Samaj	(Ph : 0422 - 2546896)	₹ -	₹ 400, ₹ 750 (AC)

For students accommodation contact the organising secretary

Registration Form

Hotel CAG Pride	0422 2527777
Single Deluxe	₹ 2800/-
Double Deluxe	₹ 3300/-
Executive Single	₹ 3400/-
Executive Double	₹ 3900/-

Hotel Sri Lakshmi	0422 2236339
	₹ 500 - ₹ 1600/-

Sri Annapoorna Hotel	0422 2547722
	₹ 750 - ₹ 1500/-

Sri Aarvee Hotels	0422 2493677
	₹ 450 - ₹ 1200/-

Hotel Thai	0422 2302736
	₹ 385 - ₹ 750/-

Hotel R R	0422 2497973
	₹ 199 - ₹ 490/-

Park Plaza	0422 2626030
Single Deluxe	₹ 5,500
Double Deluxe	₹ 6,500

Hotel Alankar	0422 4378888
Standard Single	₹ 2,600
Standard Double	₹ 3,100
Deluxe Single	₹ 3,350
Deluxe Double	₹ 3,950