



## Department of Postgraduate Programs and Research of

Sir Vithaldas Thackersey College of Home Science  
(Empowered Autonomous Status)  
SNDT Women's University, Mumbai

is conducting a

## WORKSHOP ON

# Recent Trends in Sports Nutrition and Movement Science



Wednesday,  
January 15th, 2025



Room No. 119,  
S.V.T. College of Home Science,  
SNDT Women's University, Juhu, Mumbai



10.00 AM - 1.00 PM

## Speakers



**Ms Nancy Clark, MS RD CSSD**  
Eminent Sports Nutritionist  
Boston, USA

**Topic: A Sports Nutritionist Perspective  
on Eating Disorders in Athletes**

**Dr Vishwanath Prabhu, MBBS**  
Movement Specialist  
Mumbai, India

**Topic: "Stillness equals to Shrinking"  
Discover the connection between the  
Brain and Movement**



Registration is Free but Mandatory: [REGISTRATION LINK](#)

## Workshop Schedule

Time	Topic	Speakers
10.00 - 10.10am	Welcome Address	Dr Jagmeet Madan
10.10 - 11.15 am	A Sports Nutritionist Perspective on Eating Disorders in Athletes	Ms Nancy Clark
11.15am - 12.15pm	"Stillness equals to Shrinking" - Discover the connection between the Brain and Movement	Dr Vishwanath Prabhu
12.15 - 12.40pm	Panel Discussion: Global and Indian Perspectives on Sports Nutrition and Performance Trends	Moderator: Dr Panchali Moitra Panelists: Ms Nancy Clark Dr Vishwanath Prabhu Ms Mihira Khopkar
12.40 - 12.45pm	Vote of Thanks	Ms Apurva Surve

## Speaker Profile

### Ms Nancy Clark, MS RD CSSD



Sports nutritionist Nancy Clark MS RD CSSD (Certified Specialist in Sports Dietetics) counsels both competitive athletes and casual exercisers in her successful private practice in the Boston-area (Newton, MA). She has extensive experience helping thousands of active clients—from "ordinary mortals" to Olympians—win with good nutrition. Her nutrition advice and photo have even graced the back of the Wheaties' box! She has been Team Nutritionist for the Boston Red Sox. Her best-selling Nancy Clark's Sports Nutrition Guidebook has sold over 850,000 copies. She was recently recognised by ACSM as one of the '2025 ACSM Citation Award' winners.

### Dr Vishwanath Prabhu, Movement Specialist



Dr. Vishwanath Prabhu is the Dean of the Exercise Science Academy- ACSM (India Chapter). A Movement, Rehab-Prehab, and Strength Specialist, he has over 20 years of experience in the fitness industry and has been a Global Reebok Master Trainer and India Training Head for Blackroll Germany. Dr. Prabhu has curated numerous fitness programs, such as Functional Fascia Training and Foot Logic, and collaborated with Shiamak Davar on "Science of Dance" to promote injury-free dancing. An international speaker, educator, and author, he has certified over 2,000 fitness professionals.

## Registration

**REGISTRATION IS FREE BUT MANDATORY**

**Click on the link below to register**

**[REGISTRATION LINK](#)** 

**Contact for further information:**

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