

Ravneet Sandhu

I am currently employed as Assistant Professor and in-charge of the Nutrition wing of the MYAS-GNDU, Department of Sports Sciences and Medicine

My professional qualifications are Bachelors in Pharmacy from the Department of Pharmaceutical Sciences, Guru Nanak Dev University and a gold medallist in the Masters Programme of Exercise Physiology and Nutrition in Faculty of Sports Medicine & Physiotherapy, Guru Nanak Dev University. I have been recently conferred upon the doctorate degree in the Faculty of Sports Medicine and Physiotherapy, GNDU.

My present research interests include evaluation of female athlete triad prevalence, Assessing nutritional supplement information and usage in athletes, Assessing nutritional information of coaches, Nutritional status assessment of adolescents and awareness and the usage trends of nutritional labels in physically active individuals.

The focus areas of future research are the comprehensive evaluation of diet health relationship, Development of better tailored and more effective sports nutrition through researches on appropriate food selection and supplements for optimal health and exercise performance, Understanding the effect of dietary and supplementary protein for better athletic performance, Formulating basic nutrition programmes to improve nutritional knowledge in athlete and coaches.

I have currently 6 publications to my credit and I have attended 9 workshops and conferences and also the member of Indian Association of Sports Medicine.

I like to indulge in baking and listening to soft music in free time.

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