



SRI SATHYA SAI INSTITUTE OF HIGHER LEARNING

(Deemed to be University)

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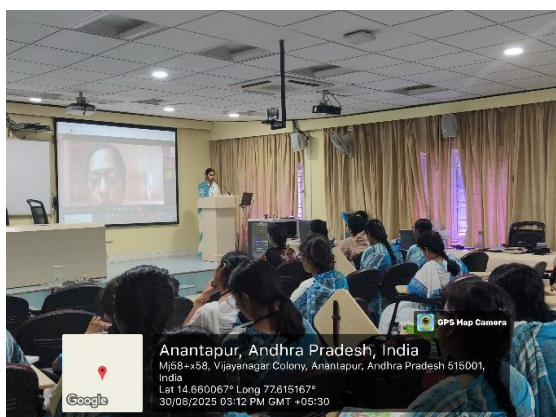
REPORT- National Sports Day Celebration 2025

Strong, Active, and Well: Fitness Essentials for Every Woman

DFNS, SSSIHL, Anantapur Campus

To mark the occasion of Sports Day, the Department of Food and Nutrition, in collaboration with the Fit Food Club, hosted an engaging talk titled “*Strong, Active, and Well: Fitness Essentials for Every Woman*” on 30th August 2025 at the Multimedia Learning Centre, Sri Sathya Sai Institute of Learning, Anantapur Campus. The session was designed to raise awareness and foster academic engagement around the importance of physical activity in women’s lives, with a particular focus on health, fitness, and life-stage-specific training.

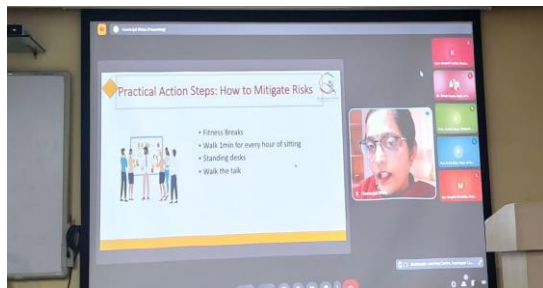
The talk opened with a heartfelt welcome by **Ms. Suba Lakshmi**, a third-year undergraduate student from the **Food and Nutrition Sciences** department. Her poised and enthusiastic introduction of the guest speaker created an inviting atmosphere and set the stage for a thought-provoking session.



The keynote speaker for the event was **Dr. Geetanjali Bhide**, an eminent Sports and Fitness Nutritionist with a distinguished academic and professional background. A proud alumna of **Sri Sathya Sai Institute of Higher Learning**, Dr. Bhide holds a PhD in Foods, Nutrition, and Dietetics from the University of Mumbai and has served as the founding nutritionist at the Army Sports Institute, Pune. Her contributions to the field include authoring “*Nutritional Guidelines for Sportspersons*” and receiving prestigious honors such as the JN-Bose Memorial Award in Community Nutrition and the Young Scientist Award in Experimental Nutrition. With decades of experience counseling elite athletes and sportspersons, Dr. Bhide brought a wealth of insight and compassion to the discussion.

In her address, Dr. Bhide emphasized that despite the growing awareness of fitness, many women continue to deprioritize their health due to a combination of factors—ranging from lack of knowledge and time constraints to cultural expectations and caregiving responsibilities. She noted that women often place the needs of others above their own, which leads to long-term neglect of personal well-being. The speaker also identified common hurdles that prevent women from initiating or sustaining a fitness routine, including fatigue, stress, social conditioning, lack of support, poor self-image, and excessive screen time.

Referencing the book “*Lack of Exercise: Body Burden Increases, Exercise Decreases*,” Dr. Bhide highlighted the serious health consequences of sedentary lifestyles. She introduced the concept that “*sitting is the new smoking*,” explaining how prolonged sitting is associated with a 22% increase in mortality, a 13% rise in cancer risk, and a 57% higher likelihood of cardiovascular disease. Additional risks include metabolic syndrome, type 2 diabetes, and mental health challenges.



To address these concerns, Dr. Bhide outlined a structured approach to exercise, emphasizing the importance of a balanced routine that includes warm-up, main activity, and cool-down phases. She recommended various forms of physical activity suitable for women, such as resistance training (push, pull, leg movements), functional exercises like Surya Namaskar, circuit training, yoga, walking, and box breathing for stress management. She also stressed the importance of safety, listening to bodily cues, and tailoring fitness plans to different life stages—particularly pre menopause, perimenopause, and post menopause. The discussion also touched on the symptoms of orthorexia and the need for a balanced, non-restrictive approach to nutrition.






The talk concluded with a meaningful quote by **Bhagwan Sri Sathya Sai Baba**: “*Pushti and Santushti*” signifying nourishment and contentment as the foundation of true wellness. The event was attended by students, faculty members, and the campus sports director, and featured an engaging Question and Answer session. Participants raised thoughtful questions, including requests for chair-based exercises that could be performed during long hours of desk work—highlighting the relevance of accessible fitness

solutions in today’s sedentary lifestyle.

As the session drew to a close, **Ms. Abhinaya**, III BS Hons. FNS student extended a sincere vote of thanks, acknowledging **Dr. Bhide**, the organizing committee, and all participants for their valuable presence and contributions that made the seminar truly impactful and memorable. Overall, the talk was more than just an academic gathering—it became a heartfelt call to action. It reminded everyone in the room that women’s health deserves attention, care, and respect, not just in theory but in everyday life.



		
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