

Taniya Sanyal

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PROFILE

As a Sports Nutritionist at Sanskardham Sports Academy, I help National and International level Judokas, Fencers, Archers achieve their performance and health goals by developing evidence-based, customized nutrition plans and programming. During my one-year training at NSNIS in Patiala, I worked with a variety of athletes, including weightlifters, judokas, fencers, boxers, Throwers, hockey players, cyclists, footballers, and cricketers.

With a master's degree in sports nutrition and a year-long internship at the Sports Authority of India in Patiala, I have gained expertise in diet counselling for athletes. I am passionate about optimizing performance and recovery, reducing injury risk, and achieving body composition and health goals for my clients.

I am eager to work in a competitive environment that enhances my overall learning and allows me to stay up-to-date with the latest research and trends in sports nutrition. My experience and qualifications make me well-equipped to make a valuable contribution to any sports organization or team

Work

Sanskardham Sports Academy

JULY 2022 – Present

Role and responsibilities: (Sports Nutritionist)

- *Diet assessment JUDOKAS, FENCERS, ARCHERS*
- *Quality analysis of raw and cooked food*
- *Conducting Body Composition test of athletes.*
- *Analysing Biochemical & anthropological & Physiological reports of athletes*
- *Preparing diet chart for Individual athletes.*
- *Monitoring athlete's diet on Daily basis.*
- *Coordinating with different sports science departments and Coaches.*
- *Dietary counselling of athletes.*
- *Conducting educational session for athletes, coaches, and mess staffs.*
- *Nutritional strategies and hydration strategies planning for different sports and different category.*

INTERNSHIP

Netaji Subhas National institute of sports, (Sports Authority of India) Patiala

Role and responsibilities:

March 2021 – June 2022

- **Diet assessment of Weightlifters, Judo Players, Fencers, Boxers, Throwers, Sprinters, Jumpers, Female Hockey players, Cyclist.**
- *Checked quality of raw food and cooked food at mess.*
- *Analyzed Biochemical & anthropological & Physiological reports of athletes* □ *Prepared diet chart for Individual athletes.* □ *Monitored athlete's diet on Daily basis.* □ *Coordinated with different sports science*
- *Counselled athletes.*
- *Communicated with coaches.*
- *Analyzed sweat rate and RMR*

Other Project: Khelo India, TOPS (Diet assessment, Report Analysis & counselling) Software: Diet Cal

EDUCATION

University of Calcutta | Kolkata, India

2018 – 2020

M.sc in Sports Nutrition

Special Paper: Sports Nutrition and Kinesiology

Dissertation: *A Systematic Review on 'Effects of vegetarian diet on performance of endurance athletes'* **Award:** First Class

University of North Bengal | Siliguri, India

2015 – 2018

B.sc in Human Physiology

Subjects: 1. Human Physiology (HONS) 2. Botany (General) 3. Zoology (General)

SEMINARS CERTIFICATES

- ISAK level 1 Certification course.
- Level 3 Dietary supplemental certification course by QUA
- Sports Nutrition: Beyond the Realm of Books | Organized by National Institute of Nutrition (NIN)
- International Webinar series on Mind, Body Integration for Wellness | Organized by NIN
- Membership of Fitness, Sports and Nutrition in India (FSN) • Khelo India Youth Game 2021. Panchkula

ADDITIONAL SKILLS

Languages:

- English (*Fluent*),
- Bengali (*Native*),
- Hindi (*Fluent*),
- Nepali (*Proficient*)

Microsoft Office: Proficient in Word, Excel and PowerPoint.

Skill:

- Communication with athlete,
- Dietary assessment,
- Biochemical report & Anthropometrical report analysis,
- Calculation of energy distribution,
- Preparing diet chart,
- Diet analysis, Diet counselling. □ Dietary software handling.
- **Machine handling: INBODY 370S, BIA SCAN 920**, Biomechanical: Time gate

HOBBIES & INTERESTS

Bloggng: I took on blogging to spread nutritional awareness among people.

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