

Special online session on 'Optimising Performance of female athletes' to be held for female athletes of SAI Bangalore and SAI Patiala

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Sports Authority of India on April 14th and 15th will hold a special online session with female athletes of SAI Bangalore and SAI Patiala to make them more aware of female physiology with a special focus on the different phases of menstrual cycle and how to take care of their body during that time and optimise training.

The two-day session will be conducted by Dr Poornima Raman Ngomdir (P.T.) who is a Sports Physiotherapist and Head of Sports Sciences with the group Olympic Gold Quest (OGQ).

The session, which is being called 'Encouraging and supporting Female Athletes', is being held to address the physical challenges faced by female athletes and with the aim that they know exactly how they can optimize their performance during that time.

The first session will be held on April 14 with Hockey Senior Girls Squad in SAI Bangalore and the second session will be held on April 15 with Female Athletes training in SAI Patiala.

A total attendance of nearly 100 female athletes and support staff is expected for these two sessions with special care is being taken that no male members are present during these meetings so that the athletes don't feel uncomfortable talking about the matter.

Talking about the importance of hosting such discussions, Dr Poornima said "With this session I am aiming to teach them how to fuel their system during different phases of the menstrual cycle and how to utilize it as an advantage to them rather than thinking of the hormonal changes as a disadvantage."

When asked how she feels about taking this session online, Dr Poornima said "the current time (with the lockdown and COVID-19) there is a lot of dilemma and ambiguity going around, especially for the athletes because their future is very unsure looking at the next couple of months. At these times, such online sessions are good because this way the athletes and their support can keep themselves updated with what is happening and utilise the time to learn more things. Thus, I think it's a really good initiative as the athletes will never have this kind of time in their hands."

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