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❧ CONTENTS OF ENGLISH PART - II ❧

Sr. No.	Title & Author	Page No.
1	Massive Open Online Courses (MOOC): An Overview of Recent Perspective Dr. Dattatraya Tukaram Satpute	1-6
2	<u>Daily Life Feeding in Nutrition of Sports Persons</u> Prof. Dr. Dnyaneshwar V. Thakre	7-9
3	Impact of Covid-19 in Indian Economy Kilaru Madhavi	10-14
4	Impact of Covid-19 in Health: Precautionary Measures and Awareness Ads to Build Healthy Society Monoj Paul	15-20
5	Changing Aspects of Library Services at Covid-19 Pandemic Dr. Namratha G. R.	21-25
6	Impact of Globaliation on Public Administration Prabha H. M.	26-30
7	Evolution of Indian Bureaucracy Sunita Mitra Sarkar	31-35
8	Role of Library using ICT for e-Learning Dr. Suresh M. Humane	36-41
9	National Digital Library Act as A Repository Unit for Online Education during Pandemic Condition Urna Bhattacharjee	42-46
10	India's Foreign Policy in Post Cold War Era: Special Reference to South Asia Dr. Satinder Kaur	47-52



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2. Daily Life Feeding in Nutrition of Sports Persons

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Abstract

NUTRITION FACTS: Of all your daily behaviors and habits, choosing a nutrition diet is probably the single most important action you can take to influence your health in a positive way.

Each of the six nutrients has a role in the health and proper functioning of the human body. Physical activity places extra demands on the body, increasing the importance of the nutrients' presence in the diet. Many of the nutrients are so critical to optimal athletic performance that the total daily requirements are increased to meet the demands placed on the body. The six basic nutrients each have distinct, but also intertwining, roles, making it critical to consume adequate amounts of each nutrient on a daily basis.

Individualization in nutrition planning for athletes is essential for success as sports nutrition professional. Standardized plans will contribute to the great success of some athletes, while leaving others on the sidelines. Incorporating factors such as an athlete's health history, the bioenergetics and logistics of the sport, weekly training/ competition time, living arrangements, access to food/beverages, and travel schedules into an individualized nutrition program will ultimately lead to the athlete's success and peak performance.

The food guide pyramid: is an outline of what to eat each day. It's not rigid prescriptions, but a general guide that lets you choose a healthful diet that's right for you.

