

# Workshop on Body composition analysis and Somatotyping

<b>Time</b>	<b>Topic</b>	<b>Resource person</b>
10.00 – 10.20 AM	Fit India Movement- A brief intro	Dr. Jeneth Berlin Raj T
10.20 – 11.00 AM	Body composition and somatotyping	Dr Anup Adhikari
<b>Tea Break</b>		
11.15 – 12.00 Noon	Role of body composition in health and disease	Dr Jean Fredrick M A
12.00 – 01.00 PM	Different techniques of body composition analysis and demonstration	Dr Aruna R Dr Niveatha S
<b>Lunch</b>		
02.00 – 03.00 PM	Hands on training -anthropometric measurement	Dr Jean Fredrick Dr Aruna R Dr Niveatha S
03.00 - 3.30 PM	Applications of anthropometric assessment – Body fat assessment and somatotyping	Dr Jean Fredrick M A
03.30 – 04.00 PM	Ultrasonography for assessing body composition	Dr. Armel arputha Sivarajan