**Ten years of Ramjas-Droitwich Project**

**Women –Sports and Nutrition**

* The project this year (2015-16) will have girls/ women’s fitness, participation in games and sports under its ambit.
* It starts in the month of April and will go on till the end of August.
* All girls of classes 8th to 10th will be participating in this project.
* Emphasis will be laid on the importance of nutrition required for girls in sports for that age group.
* To start with an exercise plan and advice on fitness will be given to the girls. Stress will be laid on the importance of participation in games and sports.
* Women/girls related problems will be dealt with through lectures and internet research.
* Discussion on importance of fitness like cardio fitness, strength training, flexibility, co-coordinative abilities will be taken up
* Work out (mild, moderate, intense) and nutrition plans will be given to students on random basis.
* Girls will be taught to calculate calorie intake and make calorie chart, vitamins, fats, proteins, fibers, carbohydrates intake.
* Calculation of BMI and BMR will be done randomly.
* Special focus on girl’s fitness will be given.
* Physiological and psychological changes in human body will be discussed particularly for girls of this age group.
* Role of society, friends, parents ,peers and elders will be discussed
* Ppt, scrap books, news items, case studies, interviews, lectures, dietician on call, mentorship ,diary making, online forum, questionnaire and feedback forms will be prepared
* Studies to be discussed and interchanged with partner school