

❖ Name & Designation	: Kriti Singh, MBBS final year
❖ Address	: Subharti Medical College, Subharti Pura M, N.H. 58, Delhi-Haridwar, Bypass Road, Meerut-250005 UP
❖ Name of the International Conference/ Seminar/Symposium/ Workshop	: 55 th Annual Conference of American College of Nutrition- 2014.
❖ Title of the abstract accepted	: Pattern of use and effect of GYMN supplements – A cross - sectional study.
❖ Date & Venue	: Sanantonio, Texas, USA, 15-18th October 2014.
❖ Money sanctioned	: ₹ 1,00,000/-
❖ Money reimbursed	: ₹ 1,00,000/-

Participation Report

In this conference I got to meet people who were interested in similar research areas . It served as a primary motivating factor for my attendance. I felt that it was an exciting opportunity. The conference helped me to feel as if I am integrated with the academic community. I got to share my research and presented a new level of thought process to them. I provide an insight to what is happening in our country through my research and got to have different perceptions on it.

I met a lot of people belonging to different fields of health and nutrition. Interacting with them made me realise that I am just here starting and there is a lot I can do to reach the zenith. I got to share my research thoughts with people from other countries. I got to know about the various approaches of reaching to conclusion while performing a research. It served as an effective motivator for me to tackle the research hurdles like public speaking skills.

I got to share various researches and discuss theoretical ideas. I also gathered information about places where I might eventually work in the future.

In closing it served as a conducive to networking, student friendly, had a personal and unique feel and encouraged a closeness of relationships among members. It also allowed me to exchange research ideas and widen my horizon.