

**Sports Authority of India
(Stadia Division)
Jawaharlal Nehru Stadium Complex
Gate No. 10, Lodhi Road, New Delhi-110003
Telephone: +91 – 11 – 24362761, E-mail: saistadiadivision@gmail.com
Website: <http://sportsauthorityofindia.nic.in/> & <http://eprocure.gov.in/eprocure/app>**

NIT No.: 147/SA-I/SA/CSR Diet/2018-19

01.02.2019

Inviting of proposal under CSR

Sports Authority of India, for and on behalf of the Director General, Sports Authority of India (SAI), invite On-line bid from technically and financially from the reputed organizations in order to appoint a service provider on a CSR basis for providing Nutrition Service to the elite sports persons under going competitive and scientific training at the SAI Stadia Delhi for Achieving excellence at International and National level specially at the Olympics, Asian Games and Commonwealth Games.

Data Sheet

Date of Issuance of the RFQ-cum-RFP	1 st February, 2019 at 1700 hrs.
Pre Bid Meeting	7 th February, 2019 at 1100 hrs
Pre Bid Meeting venue	Sports Authority of India, Conference Hall, SAI HQ, Jawaharlal Nehru Stadium, East Side Gate, New Delhi
Last date for uploading replies to the queries and corrigendum by Authority	11 th February, 2019 at 1100 hrs
Due Date and time for Submission of Proposal (Proposal Due Date - PDD)	21 st February, 2019 at 1100 hrs
Bid Validity	3 months from Proposal Due Date
Opening of the Proposal	22 nd February, 2019 at 1100 hrs
Bid Security	INR 5 Lakhs
Opening of the Financial Proposal	To be informed later
Declaration of Short listed Firms	To be informed later
Contact Person	Deputy Director (Stadia), SAI
Alternate Contact Person	Secretary, SAI
Proposal submission	CSR Partner must submit: Envelope-A Pre-Qualification criteria in accordance with Annexure-I Envelope-B Technical Proposal in accordance with Clause 3 and Annexure-I Envelope-C Financial Proposal in accordance with Clause 3 and Annexure-I Envelope-D CD/Pen Drive containing copies of all documents comprising information related with pre-qualification criteria & technical proposal.
Letter of Award (LoA)	To be notified later
Signing of Agreement	Within 15 days of LoA

**INVITATION FOR CSR PARTNERSHIP FOR
NUTRITION IN SPORTS DEVELOPMENT**

ISSUED BY

Sports Authority of India [SAI]

Ministry of Youth Affairs & Sports

Government of India

Government of India

Ministry of Youth Affairs & Sports

Department of Sports

Expression of Interest (EOI)

Through this Expression Of Interest (EOI) document, expressions of interest and/or applications and/or proposals are invited from reputed person(s)/entities including Companies in order to be appointed as a service provider on a CSR basis for provision of nutrition services at the SAI academies which have been established under the Khelo India Programme for the selected Khelo India Talent and achieve sustainable and tangible progress for India in prestigious sporting competitions especially the Olympics, Asian Games and Commonwealth Games.

Along with the material terms of this present EOI, the ancillary terms in addition to the list of documents are enumerated under the Annexures to this EOI. Online Proposals/Applications/Expressions of Interest shall not be accepted and only those applicants who satisfy the pre-qualification conditions as enumerated under this EOI need express their interest.

Data Sheet

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INVITATION FOR CSR PARTNERSHIP
FOR
NUTRITION IN SPORTS DEVELOPMENT

Government of India
Ministry of Youth Affairs & Sports

Sports Authority Of India

1. INTRODUCTION& OBJECTIVE

The Ministry of Youth Affairs and Sports (hereinafter referred to as “MYAS”) and the Sports Authority of India (hereinafter referred to as “SAI”) aim to improve the performance of Indian athletes in various sports at international sporting competitions, especially the Olympics, Asian Games, Commonwealth Games and any other games of national and international importance. In order to achieve the same, there is a need to improve and modernize the existing academy, training, talent identification, development and management set-ups in the country, so as to integrate the said knowledge / expertise from such modernized set-ups with the training and management of athletes for achieving global excellence in sports. MYAS & SAI are cognizant that the existing academy, training, talent identification & management set-ups need to be improved.

SAI performs the primary function of broad basing sports in the country and bringing excellence in sports by providing all logistical support for the training of National teams and athletes participating in International sporting events and organizing, developing and conducting sports education programs, through its regional centres and other field units. SAI runs National Sports Academies in Indira Gandhi Stadium, Jawaharlal Nehru Stadium, Major Dhyhan Chand, National Stadium and Dr. SPM Swimming Pool Complex in New Delhi. Apart from the same, many national camps organised by National Sports Federations are also held in above stadiums of SAI in Delhi. At present, SAI messes are run on contract basis to cater to the diet need of elite campers, trainees, sportspersons & upcoming athletes (Academy players). In order to achieve the core objective of excellence in sports, there is a need to improve, update and modernize the nutritious daily diet of the athletes in addition to improving the delivery system of such nutrition to the Athletes.

It is therefore necessary to study the nutrition needs of various athletes being trained by SAI in Delhi based on their training schedule & short term/long term goal in mind

and to provide end to end solution to the most important aspect of elite training i.e. nutritious diet by the expert in the field. SAI, therefore, is desirous of partnering with reputable entities for the purpose of providing nutrition services as envisioned under this present EOI. **The intention is to undertake this initiative and partnership on a CSR basis without any purpose or design to make profits.**

2. INVITATION FOR CSR PARTNERSHIP:

Sports Authority of India invites well established, developed organisations and corporate CSR bodies to offer detailed proposals for the provision of nutrition services to the athletes which shall include the following:

- a. Implementation of a systematic approach based on nutrition science while provision of the nutrition services to the Athletes;
- b. Designing meal plans based on each Athlete's optimum requirement;
- c. Provision of a [*] % of the cost of provision of meals to the Athletes; and
- d. Catering services.

. The CSR partner should have on board world class health experts, nutritionist, dieticians and other experienced experts to ensure that the best nutrition coupled with healthy and hygienic food is served to the athletics and to ensure that the diet is designed in such a manner that it is capable of catering to the individual needs of each athlete. The CSR partner is also expected to bring an expert in this field on board to ensure quality standard and other parameters as per the requirements of SAI. The proposal shall include detailed plan to provide the nutrition services as enumerated in this clause along with a comprehensive diet solution for the athletes hosted at each of the above centres.

The selected partner shall join hands with SAI with the sole intention and purpose of aiding the nurturing and development of elite athletes. Hence, this shall not be treated as a business opportunity with any intent or design to make profits.

3. ROLE & RESPONSIBILITY OF CSR PARTNER

- 3.1 The **primary roles and responsibilities** of the CSR partner selected through this EOI shall be provision of nutrition services to the athletes which shall include the following:
- a. Implementation of a systematic approach based on nutrition science while provision of the nutrition services to the Athletes;
 - b. Designing meal plans based on each Athlete's optimum requirement;
 - c. Provision of a [*] % of the cost of provision of meals to the Athletes; and

d. Catering services.

3.2 The provision of nutrition services as stated in Clause 3.1 above shall include the following (at no cost to SAI except sub-clause I):

- A. Provision of a detailed vision document for the provision and implementation of nutrition services as envisioned under this EOI to the SAI academies thereby ensuring world class support to Indian athletes through elite academy set-ups at SAI Facilities;
- B. Developing diet plans and counselling athletes on special diet modifications/additional nutrition requirement as per SAI norms;
- C. Designing sports nutrition plans and setting athlete menus in accordance with such nutrition plans;
- D. Supervision and regular audits of the actual food served to athletes and making suitable recommendations for the changes and implementing the changes wherever required to by SAI;
- E. Managing catering, servicing highest standard of nutrition and wholesome quality meal (breakfast, lunch, dinner)/ snacks;
- F. Check and ensure the proper maintenance, quality and hygiene levels in the kitchen this will include utensils, crockery appliances, daily garbage disposal, proper dishwashing, qualified manpower etc;
- G. Full compliance with Food Safety and Standards Authority of India (FSSAI) regulations, compliance of safety (including fire safety), security regulations and any other laws in force;
- H. Full compliance with the existing laws including but not limited to the CSR Provisions prescribed under the Companies Act, 2013;
- I. To incur all additional expenditure of whatever nature (over & above funds as specified herein to be made available as per SAI policies and norms for diet expenses) to fulfil above objectives. Provided that the interested party shall endeavour, to provide contribution even for the diet expenses as a part of their CSR initiative;
- J. To ensure regular and effective supervision and control of the personnel deployed by the Partner; and
- K. Quality, nutrition, hygiene shall be the essence of agreement to be entered between SAI/Partner/Third Party.

3.3 To provide for operation & Management of the Kitchen facilities, preparing and serving food on a turnkey basis including but not limited to catering services.

- 3.4 CSR partner shall pay [*] % of the meal cost at SAI norms (i.e Rs. 480/- per person per day for academy, junior campers & Rs 690 per day for the senior national campers) on actual basis. The indicative menu is attached as Annexure-2. However, in consultation with SAI and subject to approval of SAI, keeping in mind cultural, local preference, the CSR partner can make changes to equivalent menu including change of preparation for betterment.
- 3.5 SAI shall evaluate the proposals in accordance with the manner prescribed under this present EOI and SAI shall be the final authority and shall have the final decision making power vis-à-vis applications and/or proposals made pursuant to this EOI.
- 3.6 The CSR partner shall be solely responsible for the timely payment of minimum wages as per Central Government Rule for their employees as per the Government norms and deductions towards E.P.F. and E.S.I. and the CSR partner shall be solely responsible for compliance with the provisions of various labour, industrial and shops and establishment laws, if applicable.
- 3.7 The persons employed by the CSR partner should not have any adverse police records/criminal cases against them. The CSR partner should get police verifications of the personnel to be engaged. The CSR partner shall provide the proof of background check of its staff deputed for the provision of services at the SAI academy and/or site.
- 3.8 The CSR partner shall be required to operate and discharge its obligations in accordance with the **‘Khelo India-Talent Search & Development’ Operational Guidelines issued by MYAS (F.No.54-I/MYAS/MDS/2017)**.
- 3.9 The CSR partner shall have to promptly reply to all the enquiries, execute orders as per the order terms of SAI and keep the organization informed of new products/ developments / innovative ideas that shall help reduce the cost and improve quality, reliability, of running the Academies etc.
- 3.10 In case selected CSR partner is found in breach of any terms & condition(s) of SAI or supply/work order, at any stage during the course of services, the

legal action as per rules/laws, shall be initiated against the CSR partner, besides debarring and blacklisting the CSR partner concerned for at least three years, for further dealings with SAI.

3.11 The selected CSR partner shall indemnify the SAI and user departments against all third party claims of infringement of patent, trademark/copyright or industrial design rights arising from the use of the supplied & related services or any part thereof. SAI stands indemnified from any claims that the CSR partner's manpower may opt to have towards the discharge of their duties in the fulfillment of the purchase orders.

3.12 CSR partner is free to have an expert on board for the execution of the scope of work or for the scope of work to be delivered by the CSR partner through involvement of third party wherein the payments shall be made by the CSR partner to the third party directly and SAI shall bear no responsibility for the same. In case the CSR partner seeks to execute the scope of work himself for hires third party for execution of the scope of work, such CSR partner/third party has to fulfill the qualification criteria to get empanelled as mentioned below:

- A. The CSR Partner/third party should be a company/firm/sole proprietor/entity registered in India and should be in existence for at least 5 years;
- B. The CSR Partner/third party should have an annual average turnover of Rs. 10 Crores (Ten Crores) in last three years;
- C. The CSR Partner/third party should have yearly turnover of Rs.4 Cr. from catering activity for last three years;
- D. The CSR Partner/third party should not have been debarred/ blacklisted by any State Govt/ Central Govt/PSU/reputed private institution for last 5 years; and
- E. The CSR Partner/third party shall furnish all required licenses.
- F. The CSR Partner/third party shall submit interest free Bid Security of Rs. 5 lakh (Rupees Five Lakhs) in the form of Demand Draft/Banker Cheque/Bank Guarantee/FDR in favour of **“Secretary, Sports Authority of India”**, payable at **“New Delhi”**. **Scanned copy of Bid Security is to be uploaded online and Hard copy of the same must be sent to the office of Deputy Director (Stadia), Jawaharlal Nehru Stadium(East Side), Lodhi Road, New Delhi, on or before Bid Submission Date & Time as mentioned in Critical Date Sheet.**

G. In case as per Notification of Government of India if the Bidder falls in the category of exemption of Bid Security, it should furnish the relevant Notification along with required documents like valid Registration Certificate etc.

H. The CSR Partner/third party shall be submitted GST, PAN No., PF Registration, ESIC Registration, Registration under Contract Labour Act, 1970

It is hereby clarified that in the event the CSR Partner is merely funding the activity, he himself will not be required to comply with the above, but the party engaged by him will be required to fulfill the above listed criteria.

- 3.13 The relationship between the CSR partner/third party and SAI shall be purely contractual on principal to principal basis.
- 3.14 CSR partner should be in possession of all required necessary licenses and shall be required to timely obtain required license/permissions as needed under the Contract Labour (R & A) Act, 1970 or any other Govt. rules/acts/guidelines from the competent authority for fulfilling its obligations under this agreement.
- 3.15 CSR partner/third Party shall fully indemnify and keep SAI indemnified, against any losses, damage/s caused to SAI and /or premises or to the properties or to the employees of SAI due to any act/omission/commission/neglect/ default etc. or otherwise of the Partner/ Third Party and his employees/staff.
- 3.16 CSR partner/and third party must comply with all above mentioned criteria. Non compliance of any of the above criteria can entail rejection of the offer. Self attested photocopies of the relevant documents / certificates should be submitted as proof in support of the claims made for each of the above mentioned criteria. Original documents / certificates shall be asked by SAI for verification purpose.
- 3.17 CSR partner/third Party shall furnish all licenses from FSSAI under Food Safety and Standards Act, 2006 for the proposed scope of work and site with 30 days from the date of receipt of letter of award failing which SAI reserves to cancel the contract with forfeiture of bid security.

- 3.18 CSR partner/third party shall furnish license from labour commissioner of respective jurisdiction under [The Contract Labour \(Regulation And Abolition\) Act, 1970](#)

4. ROLE & RESPONSIBILITY OF SAI

4.1 The following are the responsibilities of SAI under this present EOI:

- 4.1.1 SAI shall pay [*] % of the meal cost which must be lesser than the existing costs being paid as per SAI norms (i.e Rs. 480/- per person per day for academy, junior campers & Rs 690 per day for the senior national campers) on actual basis. The indicative menu is attached as Annexure-2. However, in consultation with SAI and subject to approval of SAI, keeping in mind cultural, local preference, the CSR partner can make changes to equivalent menu including change of preparation for betterment.
- 4.1.2 Provision of free usage of the kitchen space, electricity, water etc for the said purpose only to the CSR partner.
- 4.1.3 All major repairs & up-gradation as agreed upon.
- 4.1.4 Provide ability to CSR partner for some branding, provided that the same is cleared by SAI. However it is hereby clarified that branding should not be an aspect for making the proposal and SAI may reject any branding proposal by a reasoned order.
- 4.1.5 SAI will appoint a Food Committee who shall regularly check and inspect the menu, maintenance of kitchen including costing of menu to ensure contribution of CSR on actual basis of meal cost as per clause 3.4 and provide its recommendations from time to time which shall be considered and adhered by the Partner/Third Party.
- 4.1.6 The Committee shall look into the day to day affairs of the Partner/Third Party. The committee shall have every right to take any decision to regulate the functioning and improvement in quality of the material and services provided. The committee shall from time to time inspect the quality of prepared food and if it is not of prescribed

quality then it shall recommend / take necessary action against the Partner and any action / decision taken by the said Committee shall be acceptable / binding.

4.1.7 **The indicative number of athletes to be trained in the academy is as under, however the number of trainees/athletes' may increase and decrease as per discretion of SAI:**

S.N	NAME OF THE STADIUM/ ACADEMY	SPORTS	NUMBER OF ATHLETES THROUGHOUT THE YEAR	DURATION/ MAN-DAYS	MAN-DAYS OF NATIONAL CAMPERS FOR YR. 2017-18
1	Indira Gandhi Stadium	Cycling,	60	330*60	39939
		Gymnastics	34	330*34	
2	Jawaharlal Nehru Stadium	Athletics	20	330*20	18406
3	Major Dhyan Chand, National Stadium	Hockey	70	330*70	0
4	SPM Swimming Complex	Swimming	60	330*60	0
Total Man-days				80520	58345
Total Cost for Academy @ 480 *80520 (A)				38649600	
Total Cost for Campers @ 585 *58345 (B)					34161825
Grand Total (A) +(B)					72811425

(* The rate of campers i.e. up to Rs. 690/- per Athlete for Senior Sportspersons and up to Rs. 480/- per Athlete for Junior Sub-junior sportspersons since, the camps are for juniors & Sub-Junior & Seniors therefore average diet charges have been taken for the purpose of calculating estimates.)

4.1.8 CSR partner shall scope for additional requirement up to 30% of the requirement mentioned above. On the basis of mutual agreement, the scope can be expanded further to meet actual requirement.

5. PERIOD OF AGREEMENT:

The Agreement between SAI and the selected CSR partner shall initially be for a period of 1 (one) year extendable for a further period of five (5) years during which the selected CSR partner shall be assessed and its performance would be reviewed on a regular basis. The agreement shall be extended after review of previous year performance on yearly basis.

The performance of the CSR partner may be appraised/ renewed annually on the basis of the quality of work, timeliness and feedback from stakeholders. These will be used to extend contracts and identify monitors for special assignments.

6. ELIGIBILITY CRITERIA

6.1 All the applicants to this present EOI shall be evaluated on the basis of their:

- a) Pre-Qualification Conditions
- b) Technical Proposal
- c) Financial Proposal

6.2 To meet the present EOI's requirements, all the applicants must have the requisite qualifications and experience in the relevant criteria as stated under Clause 6.1 above and the specific details of these criteria have been elaborated under Annexure-1 of this EOI.

6.3 SAI reserves the right to modify the evaluation process at any time during the application process, without assigning any reason, whatsoever. In case of any change, SAI shall intimate the applicant and shall give them 30 days to respond.

6.4 SAI reserves all rights to, at any time during the process of evaluation, to seek any clarifications from the applicants or provide clarifications to the applicants.

6.5 Every applicant responding to this EOI shall hereby represent and guarantee that:

- a) It is legally capable to make such a proposal and not barred to do so under any law for time being in force;
- b) It has made the proposal in good faith and the signatory on its behalf is legally competent to do so;
- c) It has reviewed and fully understood the terms herein and taken competent advice before making the proposal; and

- d) It is not the subject of any legal proceedings under the existing criminal law and/or Income Tax law and/or any other law in force governing economic crimes.

7. SUBMISSION OF PROPOSALS

- 7.1 The proposal should be in a sealed envelope containing:
- profile of the company/entity/CSR foundation including financial background of last three years
 - CSR activities of last three years
 - Proposed third party partner (if any)& its profile in handling quality diet supply and all documents related to prequalification criteria.
 - Work plan & Methodology
- 7.2 It is clarified that the corporate either having expertise in handling nutrition diet or having a partner/agency/services tie up who has dealt with supply/preparation of high quality diet with highest standard shall be preferred..
- 7.3 The proposal from the interested eligible Perspective partner shall be accepted at the relevant address up to [3rd September, 2018](Indian Standard Time) at 1700 hrs
- 7.4 The proposal from the interested eligible prospective partner shall be addressed to:
- The Secretary,
Sports Authority Of India
Jawaharlal Nehru Stadium Complex
East Side Gate, Lodhi Road, New Delhi-110003
Tele No. 011-24362571
EMAIL: secy-sai@gov.in
- 7.5 The proposal may be sent by post or delivered in person on the above mentioned address. The responsibility for ensuring that the Proposals are received by SAI in time would vest with the prospective partner.
- 7.6 proposals received either by post or courier service or in person after the specified date and time will not be opened or considered. SAI, at its discretion, may extend the deadline for the submission of the proposals.

7.7 Documents to be submitted to SAI:

7.7.1 The sealed cover shall contain the following documents in original along with 2 sets of photocopies of each:

a) Covering Letter.

b) Five separate sealed envelopes marked as:

i) **Envelope A:** Pre-Qualification criteria in accordance with Annexure 1 of this EOI.

ii) **Envelope B:** Technical Proposal in accordance with Clause 3 and Annexure-1 of this EOI.

iii) **Envelope C:** Financial Proposal in accordance with Clause 3 and Annexure-1 of this EOI.

iv) **Envelope D:** CD/pen-drive containing copy of all documents comprising information related with pre-qualification criteria & technical proposal.

7.7.2 Envelope A, B, C, and D shall be enclosed in an envelope/packet marked as **“Proposal containing pre-qualification criteria, technical and financial proposal”**.

7.7.3 Additionally, Envelope D should contain 1 CD/pen-drive of all documents/information in PDF file format. Where necessary, the PDF file must clearly bear the marks of the signatures of the authorized representatives of the applicants. Envelope D is to be marked as **“Information CD/pen-drive – Pre-qualification & Technical proposals”**.

7.7.4 The application covering letter and the proposal of the applicant shall be in English.

7.7.5 The pre-qualification and technical proposals should be complete with documents and should be bound as volumes separately. The documents should be page numbered and appropriately flagged and contain the list of contents with page numbers. The deficiency in documentation may result in the rejection of the proposal and application.

SAI, at its discretion, may extend the deadline for the submission of the proposals.

8. CLARIFICATIONS

8.1 The prospective partner requiring any clarification on this document may send mail at the above mailing address, latest by [14th September, 2018]. Clarifications sought, if any, should be in the following format:-

- a) Clause that requires clarification;
- b) Query/Clarification sought; and
- c) Name of the Company seeking clarification.

8.2 Any clarifications issued by SAI shall form an integral part of this document and shall amount to an amendment of relevant clauses of this document & will be uploaded on website.

9. OPENING OF PROPOSALS

9.1 SAI shall open the PROPOSALS on 23rd October, 2018 at 1100 hrs at the address stated above in the presence of authorized representatives from participating prospective partners who choose to attend. The date fixed for opening of Proposals, if subsequently declared as holiday by the Government, the proposals will be opened on the next working day, time and venue remaining unaltered.

9.2 The authorized representatives are required to bring authorization letter to attend the opening of proposals.

10. EVALUATION OF OFFERS

The offers received will be evaluated by the committee of SAI based on current CSR activities of the interested CSR partner, experience & expertise of the third party to be brought for actual implementation (in the field of providing nutritious diet), detailed work plan submitted by the CSR partner, the eligibility criteria stated in Annexure-1 and submission of all the requisite documents as sought for in this EOI..

Discussions may be held by the committee with interested partner to clearly define deliverables & contribution of the partner before arriving at the agreement. The CSR partner shall be responsible for implementing the entire requirements of the project on a CSR basis.

11. DECISION ON PARTNERSHIP & AWARD OF CONTRACT

MYAS/SAI shall award the contract to the selected Partner, and notify the other applicants whose proposals were non-responsive.

Following the decision to award the contract to the selected CSR partner, the parties shall enter into a written contract binding on both parties. The contract shall be in consonance with the Indian Contract Act 1872. The contract shall be signed by the duly authorized representatives of the parties and shall bear the date of signature.

12. MONITORING MECHANISM

The program shall be reviewed by a joint steering committee that shall meet once every month to address any needs or take stock of the arrangement. The design of the program shall factor inputs from qualified nutrition experts. The program shall also collect feedback from the athletes & coaches at least once every three months and make necessary adaptations to sustain the quality of services offered to them.

The CSR partner hereby warrants that it shall maintain and perform the requisite documentation and compliance with the Ministry of Corporate Affairs with respect to its CSR obligations.

13. PERFORMANCE SECURITY

In order to ensure the due performance of the awarded contract by Partner/Third Party, the CSR partner shall, within 7 (Seven) days of entering into the Service Agreement with SAI, furnish an irrevocable bank guarantee for an amount of 10% of the accepted value of the contract (“**Performance Security**”) failing which an amount of 0.5% penalty per day of the contracted amount will be levied on the CSR Partner. Penalty is for specified period not exceeding further 20 days and in case failure continues the contract may be terminated by SAI entitling SAI to forfeit the Earnest Money besides other remedies as may be available to SAI.

14. MISCELLANEOUS

- 14.1 SAI reserves all rights to accept and/or reject any or all Offer(s) or to annul the process and reject all offers, at any time prior to selection of an prospective partner without assigning any reason whatsoever and without thereby incurring any liability to the prospective partner on the ground of SAI's action.
- 14.2 The prospective partner shall bear all costs associated with the preparation and submission of its offer, including cost of presentation for the purposes of clarification of the offer, if so desired by the SAI. SAI shall in no event be responsible or liable for those costs, regardless of the conduct or outcome of the decision making process.
- 14.3 Any effort by an applicant to influence the proposal comparison/evaluation/work award decision by way of overt/covert canvassing shall result in non-consideration / rejection of its proposal.
- 14.4 At any time prior to the last date for receipt of proposals, SAI, may, for any reason, modify the EOI by an amendment. The amendment will be notified through email and will be binding on the applicants. In order to provide prospective applicants reasonable time to take the amendment into account in preparing their proposals, SAI, may, at its discretion, extend the last date for receipt of proposals and/or make other changes in the requirements set out in the EOI.
- 14.5 SAI may at any time during the EOI process request the applicants to submit revised pre-qualification in case of change in scope of work, without thereby incurring any liability to the affected applicants.
- 14.6 SAI reserves the right to change the schedule of dates / time stated in this EOI. Changes, if any, shall be displayed on the website of SAI. Applicants are advised to regularly check the SAI website.
- 14.7 SAI may cancel the process at any time without assigning any reason.
- 14.8 The responsibility of furnishing honest and truthful information without concealing any facts lies on the prospective partner. If at any stage, it is found that any information given by the prospective partner is false/incorrect/concealed, then SAI shall have the absolute right to take any

action as deemed fit without incurring any liability to the prospective partner on the ground of SAI's action.

14.9 Offers shall remain valid for a period of 90 days after the date of offer's opening prescribed in this. An offer valid for a shorter period may be rejected by the SAI as non-responsive.

14.10 The proposals made by the Applicant and all correspondence and documents relating to the proposals exchanged between the applicants and SAI shall be in English.

14.11 Authorized Signatory of the Proposals

- i. The applicant as used in the EOI shall mean the person/entity on whose behalf the proposal document forms are signed. The applicant may submit their proposal through either the Principal Officer or the duly authorized representative of the applicant;
- ii. All pages of the proposal form shall be initialed and stamped by the authorized representative of the applicant;
- iii. All certificates and documents (including any clarifications sought and subsequent correspondences) received hereby, shall, be furnished and signed by the authorized representative of the applicant; and
- iv. The certificate of authority and any other document consisting of adequate proof of ability of the signatory to bind the applicant shall be annexed to the proposal.

14.12 Proposals/EOI shall remain valid for a period of 90 days after the date of proposal opening prescribed in this EOI. A proposal/EOI valid for a shorter period may be rejected by the SAI as non-responsive.

14.13 Confidentiality

- i. When a proposal is selected, a non-disclosure agreement shall be signed, at which time the terms and conditions of the SAI Non-disclosure Agreement executed by the applicant shall take precedence over the terms of this paragraph. Unless the applicant has SAI's prior written permission, it shall not:
 - associate the applicant's products or services with SAI;
 - represent to anyone that SAI has employed or endorsed the applicant's products or services.

- ii. The applicant shall not issue any public statements or otherwise disclose any information concerning this EOI, the process, or its participation in the process without prior written approval of SAI.
- iii. The applicant shall not in any way advertise or publicly announce that they are entering into discussions with and/or undertaking work for SAI without SAI's prior written consent.
- iv. The confidentiality obligations detailed above shall survive any termination or expiration of this EOI.
- v. Any breach of these requirements shall invalidate the applicant's proposal.
- vi. The applicant shall not divulge the proposal financials, or give any indication of the proposal financials, to any third party.
- vii. The applicant must not try to obtain any information about any other applicant's proposal, or otherwise attempt to compromise the integrity of this EOI process.

14.14 SAI has the right to inspect the books of the applicants anytime after their selection under this EOI, SAI shall appoint an independent agency to scrutinize and validate the financials and other details of the selected applicant. The fee for the above inspection would be borne by the selected applicant.

14.15 SAI shall reject proposals if they do not provide sufficient information with respect to Technical and Financial proposals as stated under Annexure-1.

APPLICANT ELIGIBILITY & APPLICATION EVALUATION CRITERIA

1. Scoring Methodology

S.N	Details of Proposal	Weight age
1.	Technical Proposal: Comprising of Technical Competency Proposal & Presentation to MYAS/SAI	80%
2.	Financial Proposal	20%

- Therefore the overall score for each applicant shall be = Technical Proposal Score + Financial Proposal Score. The total score out of which an applicant shall be scored shall be [*]
- The Technical Proposal is further evaluated on:
 - a) Competency of the Technical Proposal allocated a 50% out of the total 80% allocated to the Technical Proposal.
 - b) Presentation score which is allocated a 30 % out of the total 80% allocated to the Technical Proposal.

2. Pre-Qualification Condition

Each applicant shall meet the basic criteria as a pre-requisite to be considered in the application process for the purposes of this EOI.

S.N	Eligibility Criteria	Supporting Documents
1.	Individual or proprietorship firm, partnership firms, companies, trusts, consortiums, etc. can participate in the application process.	1) In case of individual/proprietorship firms/partnership firms/trust, please provide GST, PAN, TAN and other related documents In case of Company please provide GST, PAN, TAN, MOA, certificate of incorporation and other related documents. 2) In case of consortium, all consortium members must provide the above documents as per their constitution. 3) International applicants to provide relevant documents
2	Person applying should be of repute and good standing. The applicant should not be have been convicted by any Court of Law for a criminal offense or facing prosecution. For a consortium/ syndicate, this term would apply to all members of the consortium/ syndicate. If the applicant is a Proprietorship firm, then its proprietor, if the applicant is a partnership firm, then any of its partners, if the	Undertaking of no involvement in criminal activity on a stamp paper.

	applicant is a trust then any of its trustees, if the applicant is a company then, any of its Directors, Chief Executive Officer or other officials involved in the day to day operations of the company. The committee reserves the right to exclude any person as per its sole discretion (The term “person” shall have the meaning ascribed to it under the Companies Act, 1956/ 2013)	
3	The net worth of the applicant should be minimum of INR 2 crores on an average for the last three years, excluding intangible assets.	Audited financial statement (Balance Sheet and Profit and Loss Account) for previous three financial years.
4	All applicants must have a cumulative average turnover of INR 10(Ten) crores over the past three financial years. If the Applicant is a trust, then it should have an annual receipt of contribution of over INR one crores.	Certificate from the statutory auditors.
5	All applications by Firm/ Company/ Trust/ Societies etc. should be accompanied with proper authorisation in favour of the person signing the proposal.	Authorization Letter

3. Technical Proposal

- a) The Technical Proposal shall be evaluated in two parts. The first shall be the Technical competency evaluation and the second shall be the Presentation evaluation. The total marks allocated to the Technical Proposal shall be 80%. The Technical Proposal evaluation details are mentioned below:

Updated tables for the Evaluation Criteria

Scoring Methodology

SN	Details of Proposal	Weight age
1.	Technical Proposal: Comprising of Technical Competency Proposal and Presentation to MYAS/SAI	80%
2.	Financial Proposal	20%
	TOTAL	100%

Technical Proposal Evaluation Details

SN	Technical Proposal Evaluation Details	Sectional Weight age	Maximum Marks
1.	Technical Competency	50%	50
2.	Presentation Evaluation	30%	30
	TOTAL	80%	80

Technical Competency Evaluation Details

SN	Technical Competency Evaluation Criteria	Basis of Marks Allocation	Maximum Marks
1.	Organization Financials: Annual Turnover	a) More than 50 Cr. b) More than 30 Cr.	15 10

		c) More than 10 Cr.	5
2.	Experience Overall	a) More than ten years b) More than 5 years	15 10
3.	Experience in Sport and for sport-related business	More than five years	5
4.	Deployment of Scientists/Experts	Scientists/experts in the field of nutrition etc. to enhance the skill	5
5.	Experience in management of sports nutrition	a) More than five years b) More than three years	10 5
TOTAL			50

Presentation Evaluation Details

SN	Presentation Evaluation Criteria	Basis of Marks Allocation	Maximum Marks
1.	Case Studies from Past Experience	a) More than ten years b) More than five years	10 5
2.	Vision for provision of one or more service verticals to the SAI Academies	More than two	5
3.	Implementation model for the service verticals		6
4.	Methodology for execution		7
5.	Branding proposal (if any)		2
TOTAL			30

b) Technical Competency Evaluation

- The Technical Competency evaluation shall be carried out based on the credentials submitted with respect to relevant past experience.
- The applicant shall be awarded Technical Competency score based on the evaluation.
- The Technical Competency evaluation shall be done as per below methodology:

I shall judge the Technical Proposals based on technical competency and presentation as per the evaluation criteria and weight ages specified above. Technical Proposals shall be rejected if an applicant doesn't get 60% score in each technical competency and presentation section.

4. Financial Proposal

The Financial Proposal of only those Companies who have qualified through the Technical Proposal shall be considered. Total marks for the Financial Proposal would be 20 and weight age would be 20 %

Applicants shall, while making their Financial Proposals, bear in mind that the costs for the implementation of the intended Academies under this present EOI shall be shared on a [*] basis between the applicant & MYAS/SAI.

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Annexure - 2



Human Performance Lab, Department of Sports Nutrition

SAMPLE MENU FOR NATIONAL JUNIOR CAMP

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre training	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam
During Training	<ul style="list-style-type: none"> Banana Isotonic Drink Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Dosa/Dhokla Boiled Egg Banana Low fat Milk Sprouts 	<ul style="list-style-type: none"> Banana Isotonic Drink Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Idli Boiled Egg Omelette Banana Low fat Milk Boiled Peanut & Corn 	<ul style="list-style-type: none"> Banana Isotonic Drink Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia BesanCheela Boiled Egg Scrambled Egg Banana Low fat Milk Sprouts (black chana) 	<ul style="list-style-type: none"> Banana Isotonic Drink Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Veg Upma Boiled Egg Omelette Banana Low fat Milk Sprouts (kabulichana) 	<ul style="list-style-type: none"> Banana Isotonic Drink Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Wheat Pasta Boiled Egg Scrambled Egg Banana Low fat Milk Sprouts (3 beans) 	<ul style="list-style-type: none"> Banana Isotonic Drink Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Veg Sewayan Boiled Egg Omelette Banana Low fat Milk Sprouts (Moong) 	<ul style="list-style-type: none"> Banana Isotonic Drink Toast (non-greasy) Jam Honey Butter Fresh fruit juice Cornflakes/Oats Dalia Veg Poha Boiled Egg Scrambled Banana Low fat Milk Sprouts (baked beans)
Breakfast	<ul style="list-style-type: none"> Rice Roti Mixed dal Seasonal veg Boiled Chicken/ Paneer curry Lassi (salted) Fruit Salad 	<ul style="list-style-type: none"> Brown Rice Roti Chole dhal Seasonal veg Boiled Chicken sauté Laukiraita Fruits Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti (missi + tava) Kadi Seasonal veg Boiled Chicken + chicken breast / Garlic Paneer Curd Fruit Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti Rajma Seasonal veg (leafy) Boiled Chicken + Chicken breast / Matar Paneer Lassi (salted) Fruit Salad Yoghurt 	<ul style="list-style-type: none"> Brown Rice Roti Palak dhal Seasonal Veg Boiled Chicken + Chicken breast / Paneer mushroom Curd Fruits Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti Arhar dhal Seasonal veg Boiled Chicken + Chicken breast / paneer sauté Veg raita Fruit Salad 	<ul style="list-style-type: none"> Rice Roti (missi + tava) Soyabeans dhal Seasonal Veg Boiled Chicken + Chicken breast Palak Paneer Curd Fruit Salad Yoghurt
Lunch	<ul style="list-style-type: none"> Banana Isotonic Drink Chocolate Milk Shake 	<ul style="list-style-type: none"> Banana Isotonic Drink Chocolate Milk Shake 	<ul style="list-style-type: none"> Banana Isotonic Drink Chocolate Milk Shake 	<ul style="list-style-type: none"> Banana Isotonic Drink Chocolate Milk Shake 	<ul style="list-style-type: none"> Banana Isotonic Drink Chocolate Milk Shake 	<ul style="list-style-type: none"> Banana Isotonic Drink Chocolate Milk Shake 	<ul style="list-style-type: none"> Banana Isotonic Drink Chocolate Milk Shake
During Training	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink 	<ul style="list-style-type: none"> Banana Isotonic Drink
Post Training	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake 	<ul style="list-style-type: none"> Chocolate Milk Shake

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Dinner	<ul style="list-style-type: none"> • Chicken Rice / Mix Veg • Rice • Onion Raita • Salad 	<ul style="list-style-type: none"> • Soup (Tomato) • Rice • Roti • Masoor dhal • Grilled Chicken / Palak/Paneer • Seasonal veg • Salad 	<ul style="list-style-type: none"> • Soup (Sweet Corn) • Rice • Roti • Uradchana dhal • Palak Chicken/ Onion, Capsicum Paneer • Seasonal veg • Salad 	<ul style="list-style-type: none"> • Soup (Tomato) • Rice • Roti • Sambhar • Fish curry/ Paneer tikka • Seasonal veg • Salad 	<ul style="list-style-type: none"> • Soup (Mix veg) • Rice • Roti • Moong dhal • Mutton curry/ Methi/Paneer • Seasonal veg • Salad 	<ul style="list-style-type: none"> • Soup (Mushroom) • Rice • Roti • Sabutmasoor dhal • Fish tikka / Kadhai/Paneer with broccoli • Seasonal veg • Salad 	<ul style="list-style-type: none"> • Soup (Corn) • Rice • Roti • Dal pachranga dhal • Chicken tandoori/ Tomato Paneer • Seasonal veg • Salad
	Dessert	<ul style="list-style-type: none"> • Ice cream 	<ul style="list-style-type: none"> • Rava-coconut laddoo 	<ul style="list-style-type: none"> • Custard 	<ul style="list-style-type: none"> • Flaxseed & tilladdu/Spongy rasgulla 	<ul style="list-style-type: none"> • Kheer 	<ul style="list-style-type: none"> • Paneer pudding
Night	<ul style="list-style-type: none"> • Milk • Dry fruits 	<ul style="list-style-type: none"> • Milk • Dry fruits 	<ul style="list-style-type: none"> • Milk • Dry fruits 	<ul style="list-style-type: none"> • Milk • Dry fruits 	<ul style="list-style-type: none"> • Milk • Dry fruits 	<ul style="list-style-type: none"> • Milk • Dry fruits 	<ul style="list-style-type: none"> • Milk • Dry fruits

- The menu fulfils nutrient requirement for a high intensity, high volume exercise. Extra allowance is also made to address factors such as negative energy balance, recovery, malnutrition, adolescence etc.
- A generalized menu has been prepared. Individual differences should be taken care of in terms of quantity and quality consumed.

General Instructions

- Millets (Makka, Bajra, Ragi) will be used in winters.
- Exotic Fruits (Avacado/ Black currant/ Blue berries/ Cherries/ Custard Apple/ Strawberries) will be served thrice a week.
- Fruit Yoghurt will be served thrice a week.
- Fruit juice will be prepared and served fresh daily.
- Milk based preparations such as daliya, curd, desert, lassi, shake, tea, coffee will be prepared from additional milk mentioned against S.No VIII(2).
- Seasonal vegetables /fruits will be decided by the nutritionist. The Head cook /Chef is advised to liaison with the Nutritionist in deciding the seasonal availability. Care must be taken that no vegetable/fruit is repeated in a week to ensure variety.
- The Ration sizes are prepared taking into consideration seasonal availability and upper limits of nutrient requirement. However, individual requirement will vary and should be taken in consultation with Sports Nutritionist.
- Chicken breast should be served twice a week.
- Dry fruits should be provided everyday in any one of the meals.
- Soups will be served only in the winter months.
- Potato/corn can replace sweet potato considering seasonal availability
- A minimum of 03 vegetables should be served as salad.
- Use of less spice in player's food should be ensured.
- Reheating of oil & use of oil in plain rice must be avoided. Use of oil such as sunflower, safflower, mustard, groundnut, rice bran, soyabean must be used interchangeably.

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Human Performance Lab, Department of Sports Nutrition

SAMPLE MENU FOR NATIONAL ACADEMY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pre Training	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	Fresh fruit juice + dry fruits + Banana (01)	
During Training	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	Isotonic Drink (500 ml)	
Post Training / Breakfast	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Dalia Banana Methi-Missi Roti with curd Sprouts (black chana) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Omelette Dalia Banana Milk Besan Chilla Groundnuts + corn (soaked or boiled) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Scrambled Egg Dalia Banana Milk Veg Poha Sprouts (Moong) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Omelette Dalia Banana Milk Wheat Pasta Sprouts (kabuli chana) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Scrambled Egg Dalia Banana Milk Veg Sewiyan Sprouts (3 beans) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Omelette Dalia Banana Milk Dhokla Sprouts (black chana) 	<ul style="list-style-type: none"> Bread slices Jam Honey Butter Cornflakes/Oat flakes Boiled Egg Scrambled Egg Dalia Banana Milk Idli Sprouts (baked beans) 	
Lunch	<ul style="list-style-type: none"> Rice Roti Mixed dal Seasonal veg Chicken Sauté / Palak Paneer Lassi (salted) Fruit Sliced Salad 	<ul style="list-style-type: none"> Brown Rice Roti Chole dhal Seasonal veg Chicken gravy/ Paneer sauté Lauki raita Fruit Chopped Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti Kala chana dhal Seasonal veg (leafy) Lemon Chicken/ Methi Paneer Curd Fruit Sliced Salad 	<ul style="list-style-type: none"> Rice Roti Kadi Seasonal veg Chicken curry/ Paneer Bhurji Lassi (salted) Fruit Chopped Salad 	<ul style="list-style-type: none"> Rice Roti Palak dhal Seasonal veg Tomato Chicken/ Paneer Mushroom stir fry Curd Fruit Sliced Salad 	<ul style="list-style-type: none"> Brown Rice Roti Rajma Seasonal veg Palak Chicken/ Garlic Paneer Veg raita Fruit Chopped Salad Yoghurt 	<ul style="list-style-type: none"> Rice Roti (missi + tava) Soybeans dhal Seasonal veg Boiled Chicken/ Matar Paneer Curd Fruit Sliced Salad 	
During Training	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	<ul style="list-style-type: none"> Lemonade 	
Post Training	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk 	<ul style="list-style-type: none"> Banana + Bread jam + Chocolate Milk

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Dinner	<ul style="list-style-type: none"> • Chicken Rice / Mix Veg • Rice • Onion Raita • Fruit • Salad 	<ul style="list-style-type: none"> • Soup (Tomato) • Rice • Roti • Masoor dhal • Chicken tandoori/ Tomato Paneer • Seasonal veg • Fruit • Salad 	<ul style="list-style-type: none"> • Soup (Sweet Corn) • Rice • Roti • Urad chana dhal • Grilled Chicken / Tava Paneer • Seasonal veg • Fruit • Salad 	<ul style="list-style-type: none"> • Soup (Tomato) • Rice • Roti • Sambhar • Fish curry/ Paneer tikka • Fruit • Salad 	<ul style="list-style-type: none"> • Soup (Mix veg) • Rice • Roti • Moong dhal • Mutton curry/ Mushroom • Seasonal veg • Fruit • Salad 	<ul style="list-style-type: none"> • Soup (Mushroom) • Wheat pasta (Macromf) • Roti • Sabut masoor dhal • Fish tikka / Paneer with onion, capsicum • Seasonal veg • Fruit • Salad 	<ul style="list-style-type: none"> • Soup (Corn) • Rice • Roti • Dal pachranga dhal • Palak Chicken / Palak Paneer • Seasonal veg • Fruit • Salad
	Dessert Night	<ul style="list-style-type: none"> • Ice cream • Milk 	<ul style="list-style-type: none"> • Rice Kheer • Milk 	<ul style="list-style-type: none"> • Fruit Custard • Milk 	<ul style="list-style-type: none"> • Muffin • Milk 	<ul style="list-style-type: none"> • Rice Kheer • Milk 	<ul style="list-style-type: none"> • Paneer pudding • Milk

- The menu fulfils nutrient requirement for a high intensity, high volume exercise. Extra allowance is also made to address factors such as negative energy balance, recovery, malnutrition, adolescence etc.
- A generalized menu has been prepared. Individual differences should be taken care of in terms of quantity and quality consumed.

General Instructions

- Millets (Makka, Bajra, Ragi) will be used in winters.
- Exotic Fruits (Avacado/ Black currant/ Blue berries/ Cherries/ Custard Apple/ Strawberries) will be served thrice a week.
- Fruit Yoghurt will be served thrice a week.
- Fruit juice will be prepared and served fresh daily.
- Milk based preparations such as daliya, curd, desert, lassi, shake, tea, coffee will be prepared from additional milk mentioned against S.No VIII(2).
- Seasonal vegetables /fruits will be decided by the nutritionist. The Head cook /Chef is advised to liaison with the Nutritionist in deciding the seasonal availability. Care must be taken that no vegetable/fruit is repeated in a week to ensure variety.
- The Ration sizes are prepared taking into consideration seasonal availability and upper limits of nutrient requirement. However, individual requirement will vary and should be taken in consultation with Sports Nutritionist.
- Chicken breast should be served twice a week.
- Dry fruits should be provided everyday in any one of the meals.
- Soups will be served only in the winter months.
- Potato/corn can replace sweet potato considering seasonal availability
- A minimum of 03 vegetables should be served as salad.
- Use of less spice in player's food should be ensured.
- Reheating of oil & use of oil in plain rice must be avoided. Use of oil such as sunflower, safflower, mustard, groundnut, rice bran, soyabean must be used interchangeably.

Human Performance Lab, Department of Sports Nutrition

SAMPLE MENU FOR NATIONAL CAMP

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre Training	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam Fresh fruit juice Toast (non-greasy) Jam Honey Peanut Butter Cornflakes/Oats/Museli Dalia Dosa/Dhokla Low fat Muffins Boiled Potato Boiled Egg Banana Low fat Milk* Sprouts Chicken sausage/salami 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam Fresh fruit juice Toast (non-greasy) Jam Honey Peanut Butter Cheese Spread Cornflakes/Oats/Museli Dalia Idli Low fat Muffins Boiled Egg Cheese Omelette Banana Boiled Sweet Potato Low fat Milk* Groundnuts + corn (soaked or boiled) Chicken sausage/ salami 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam Fresh fruit juice Toast (non-greasy) Jam Honey Peanut Butter Cheese Cubes Cornflakes/Oats/Museli Dalia Besan Cheela Low fat Muffins Boiled Egg Scrambled Egg Banana Low fat Milk* Sprouts (black chana) Yoghurt Chicken sausage/salami 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam Fresh fruit juice Toast (non-greasy) Jam Honey Peanut Butter Cheese slice Boiled Potato Cornflakes/Oats/Museli Dalia Veg upma Low fat Muffins Boiled Egg Poached Banana Low fat Milk* Sprouts (kabuli chana) Yoghurt Chicken sausage/salami 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam Fresh fruit juice Toast (non-greasy) Jam Honey Peanut Butter Cheese spread Boiled sweet potato Cornflakes/Oats/Museli Dalia Wheat Pasta Low fat Muffins Boiled Egg Banana Low fat Milk* Sprouts (3 beans) Yoghurt Chicken sausage/salami 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam Fresh fruit juice Toast (non-greasy) Jam Honey Peanut Butter Boiled corn Cheese slice Cornflakes/Oats/Museli Dalia Veg Sawayan Low fat Muffins Boiled Egg Scrambled Banana Low fat Milk* Low fat Milk* Chicken sausage/salami Sprouts (Moong) 	<ul style="list-style-type: none"> Tea/Coffee Biscuits/Bread Jam Fresh fruit juice Toast (non-greasy) Jam Honey Peanut Butter Boiled Sweet Potato Cornflakes/Oats/Museli Dalia Veg Poha Boiled Egg Finely chopped veg omelette Low fat Muffins Banana Low fat Milk* Sprouts (baked beans) Yoghurt Chicken sausage/salami
Breakfast	<ul style="list-style-type: none"> Corn Soup Rice Roti Mixed dal Seasonal veg Steamed Veggies Boiled Chicken/ Paneer curry Lassi (salted) Chopped Salad 	<ul style="list-style-type: none"> Tomato Soup Brown Rice Roti Chole dhal Seasonal veg Steamed Veggies Boiled Chicken/ Paneer sauté Lauki raita Mayo & Green Salad Yoghurt 	<ul style="list-style-type: none"> Mix Veg Soup Rice Roti (missi + tava) Kadi Seasonal veg Steamed Veggies Boiled Chicken/ Garlic Paneer Curd Green Salad with Olive Oil Exotic fruit 	<ul style="list-style-type: none"> Mushroom Soup Rice Roti Rajma Seasonal veg (leafy) Steamed Veggies Boiled Chicken/Matar Paneer Laasi (salted) Salad Yoghurt 	<ul style="list-style-type: none"> Cauliflower Soup Brown Rice Roti Palak dhal Seasonal Veg Steamed Veggies Boiled Chicken/ Paneer mushroom Curd Salad with crushed roasted groundnut topping Exotic fruit 	<ul style="list-style-type: none"> Corn Soup Rice Roti Arhar dhal Seasonal veg Steamed Veggies Boiled Chicken/ paneer sauté Veg raita Chopped Salad Yoghurt 	<ul style="list-style-type: none"> Tomato Soup Rice Roti (missi + tava) Soybeans dhal Seasonal Veg Steamed Veggies Boiled Chicken/Paneak Paneer Curd Salad Exotic fruit
Lunch (1:00-2:00p.m)	<ul style="list-style-type: none"> Fruit Isotonic Drink Banana 	<ul style="list-style-type: none"> Fruit Isotonic Drink Banana 	<ul style="list-style-type: none"> Fruit Isotonic Drink Banana 	<ul style="list-style-type: none"> Fruit Isotonic Drink Banana 	<ul style="list-style-type: none"> Fruit Isotonic Drink Banana 	<ul style="list-style-type: none"> Fruit Isotonic Drink Banana 	<ul style="list-style-type: none"> Fruit Isotonic Drink Banana
Pre Training	<ul style="list-style-type: none"> Fruit 	<ul style="list-style-type: none"> Fruit 	<ul style="list-style-type: none"> Fruit 	<ul style="list-style-type: none"> Fruit 	<ul style="list-style-type: none"> Fruit 	<ul style="list-style-type: none"> Fruit 	<ul style="list-style-type: none"> Fruit
During Training	<ul style="list-style-type: none"> Isotonic Drink Banana 	<ul style="list-style-type: none"> Isotonic Drink Banana 	<ul style="list-style-type: none"> Isotonic Drink Banana 	<ul style="list-style-type: none"> Isotonic Drink Banana 	<ul style="list-style-type: none"> Isotonic Drink Banana 	<ul style="list-style-type: none"> Isotonic Drink Banana 	<ul style="list-style-type: none"> Isotonic Drink Banana

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Dinner (8:00-9:30p.m)	<ul style="list-style-type: none"> Chicken Rice / Mix Veg Rice Onion Raita Salad 	<ul style="list-style-type: none"> Soup (Tomato) Rice Roti Masoor dhal Grilled Chicken / Palak Paneer Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Sweet Corn) Rice Roti Urad chana dhal Palak Chicken/ Onion, Capsicum Paneer Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Tomato) Rice Roti Sambhar Fish curry/ Paneer tikka Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Mix veg) Rice Roti Moong dhal Mutton curry/ Methi Panner Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Mushroom) Rice Roti Sabut masoor dhal Fish tikka / Kadhai Paneer with broccoli Seasonal veg Salad 	<ul style="list-style-type: none"> Soup (Corn) Rice Roti Dal pachranga dhal Chicken tandoori/ Tomato Paneer Seasonal veg Salad
	Dessert	<ul style="list-style-type: none"> Ice cream 	<ul style="list-style-type: none"> Rava-coconut laddoo 	<ul style="list-style-type: none"> Custard 	<ul style="list-style-type: none"> Flaxseed & til laddu/Spongy rasgulla 	<ul style="list-style-type: none"> Kheer 	<ul style="list-style-type: none"> Paneer pudding
Night	<ul style="list-style-type: none"> Milk Dry fruits Chocolate/Sports bar 	<ul style="list-style-type: none"> Milk Dry fruits Chocolate/ Sports bar 	<ul style="list-style-type: none"> Milk Dry fruits Chocolate/Sports bar 	<ul style="list-style-type: none"> Milk Dry fruits Chocolate/ Sports bar 	<ul style="list-style-type: none"> Milk Dry fruits Chocolate/ Sports bar # 	<ul style="list-style-type: none"> Milk Dry fruits Chocolate/ Sports bar # 	<ul style="list-style-type: none"> Milk Dry fruits Chocolate/ Sports bar

The food groups and the nutritive value estimated are based on IFCT 2017, NIN.
 The menu fulfills nutrient requirement for a high intensity, high volume exercise. Extra allowance is also made to address factors such as negative energy balance, recovery etc.
 A generalized menu has been prepared. Individual differences should be taken care of in terms of quantity and quality consumed.

General Instructions

- Millets (Makka, Bajra, Ragi) will be used in winters.
- Exotic Fruits (Avacado/ Black currant/ Blue berries/ Cherries/ Custard Apple/ Strawberries) will be served thrice a week.
- Fruit Yoghurt will be served thrice a week.
- Fruit juice will be prepared and served fresh daily.
- Milk based preparations such as daliya, curd, desert, lassi, shake, tea, coffee will be prepared from additional milk mentioned against S.No VIII(2).
- Seasonal vegetables /fruits will be decided by the nutritionist. The Head cook /Chef is advised to liason with the Nutritionist in deciding the seasonal availability. Care must be taken that no vegetable/fruit is repeated in a week to ensure variety.
- The Ration sizes are prepared taking into consideration seasonal availability and upper limits of nutrient requirement. However, individual requirement will vary and should be taken in consultation with Sports Nutritionist.
- Chicken breast should be served twice a week.
- Dry fruits should be provided everyday in any one of the meals.
- Soups will be served only in the winter months.
- Potato/ corn can replace sweet potato considering seasonal availability
- A minimum of 03 vegetables should be served as salad.
- Use of less spice in player's food should be ensured.
- Reheating of oil & use of oil in plain rice must be avoided. Use of oil such as sunflower, safflower, mustard, groundnut, rice bran, soyabean must be used interchangeably.



Note: The timing is representative when 03 National Camps (Boxing, Cycling & Gymnastics) and National Academies are functional.

- Pre training 4:30 a.m. onwards
- During training 5:00 a.m. to 7:00a.m
- Breakfast 7:00 a.m. to 10:00 a.m
- Lunch 12:30 p.m. to 2:00 p.m
- Tea Break 3:30 p.m. to 4:00 p.m
- During Training 4:30 p.m to 6:00 p.m
- Post Training 6:00 p.m to 7:30 p.m
- Dinner & Night milk 7:30 p.m to 10:00 p.m

MEAL TIMINGS

**HUMAN PERFORMANCE LAB
DEPARTMENT OF SPORTS NUTRITION**

