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Nutrition from the University of Maryland, and she has been working in the area of Sports Nutrition and Exercise Physiology for over 10 years. In addition to looking at nutritional needs of U.S. Navy SEAL trainees, she has studied marathoners, ultramarathoners, and recreational athletes. She has presented her research work at various national and

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•Article 47- nutrition, standard of living and public health •Article 48 (A)- to protect and improve the environment and to safeguard the forests and wild life of the country •Article 51-A (g)- duty of every citizen to protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for