




Case Study:

A panel discussion exploring the science behind football performance for the Mumbai Football Association (MFA)

Powered by Soma Health

Event Details

-  26 January 2025; 4:30PM - 06:30PM
-  Palace Halls, Ballroom 1, NSCI, Worli, Mumbai
-  For Athletes, Players, Parents, Coaches; 170+ Registered Attendees from 65+ Clubs



Client Overview



MFA, a non-profit founded in 1983, is the official body for football development and organisation in Mumbai and its suburbs. It is dedicated to nurturing talent & ensuring the well-being of its athletes.



Our Approach

Football, a high-impact sport, poses risks of injury and burnout. MFA needed to introduce a structured, science-driven approach to educate stakeholders on effective physical, psychological, and nutritional practices.

Soma Health successfully organised a dynamic event focused on sports science. Soma curated a panel of industry experts who shared valuable insights on the latest in sports science & managed the entire registration process ensuring a smooth experience for participants. The event fostered meaningful discussions, uniting professionals & enthusiasts to explore the intersection of science & sports performance.

Speakers



Dr Gaurish Kenkre

Director, Lupin Atharv Ability
Discussed **importance of strength & conditioning & prehabilitation** in injury prevention & systematic rehabilitation for safe return to play.



Dr Rohann Bokdawala

Founder, Mind Solution
Provided **effective strategies to manage performance anxiety** & create a positive environment to improve athletic performance.



Dr Miten Sheth

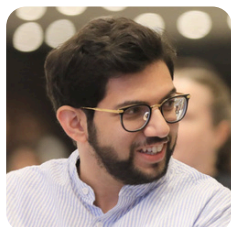
Founder, The Knee Clinic, Advanced Orthopaedics
Identified **key warning signs** of serious injuries & gave guidance on reducing injury risks.



Ms Shruti Kainya

Founder, Nutryst
Emphasised the significance of **pre- & post-game meals**, the right foods for athletes, & hydration for optimal performance.

Testimonial



Mr. Aditya Thackeray, President of MFA, and Elected Representative from Worli, Mumbai to the Maharashtra State Assembly

"Soma Health has been of great help organising medical camps and sessions for mental and physical fitness with us on various platforms at various socio-economic levels of society. What they bring to us is, not just professionalism, but also passion and commitment to excel with the best they offer."

Thank You!

Please don't hesitate to reach out to us if you have any questions!

Prepared by
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