

**DEVELOPMENT AND EVALUATION OF NUTRACEUTICAL ENERGY  
RICH NUTRIBAR ON THE SPRINT PERFORMANCE OF WOMEN  
ATHLETES DURING COVID- 19 PANDEMIC**

Thesis Submitted In Partial Fulfilment of the Requirements for the  
**Degree of Doctor of Philosophy in Food Science and Nutrition**

By

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**MAY 2022**

## **80\_Recommendation**

- Transfer of technology of the published Nutribar to Industries to obtain patent.
- Commercialisation of the Nutribar and Popularisation among sports authority and sports personnel
- Long term studies on food supplementation with functional food could be attempted.
- Studies on the impact of Nutribar on other sports could be attempted
- Assessment of the nutritional status of other athletes in Coimbatore.
- Supplementation study could be conducted on athletes involved in other athletics and group events
- Provide follow-up nutritional education to both the athletes and coaches on dietary diversification/modification.
- All stakeholders involved in organized sport including athletes, parents, coaches and educators should be made aware of sport and development policy.