

CERTIFICATE

This is to certify that the thesis entitled "**Health Status and Impact of Pregame Sports Supplements on the Performance Capabilities of Sports Persons and Athletes**" submitted to the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore-641043, in partial fulfilment of the requirements for the award of the degree of **Doctor of Philosophy** in Food Service Management and Dietetics, is a record of original research work done by **A. Ananthalakshmi** during the period of her study in the Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641043, under my supervision and guidance and the thesis has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or similar title to any candidate of any other University or Institute.

**Signature of the
Head of the Department**

Signature of the Supervisor

Signature of the Dean

DECLARATION

I hereby declare that the thesis entitled “**Health Status and Impact of Pregame Sports Supplements on the Performance Capabilities of Sports Persons and Athletes**” submitted to the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043, in partial fulfilment of the requirements for the award of Degree of **Doctor of Philosophy** in Food Service Management and Dietetics, is a record of original research work done by me under the supervision and guidance of **Dr.(Mrs.) G.Vasanthamani,M.Sc.,Dip.Ed.,M.Phil.,Ph.D.,Professor**,Department of Food Service Management and Dietetics,Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043and it has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or similar title to any candidate of any other University or Institute.

Signature of the Supervisor

Signature of the Candidate