

**A STUDY ON THE BODY COMPOSITION ANALYSIS, DIETARY
INTAKE AND HEMOGLOBIN STATUS OF THE
ATHLETES OF UNIVERSITY OF MYSORE**

**A project submitted to the UNIVERSITY OF MYSORE
In partial fulfillment of the requirement for the degree of**

MASTER OF SCIENCE

In

FOOD SCIENCE AND NUTRITION

BY

SHREELAKSHMI B

Register No: FS119032

Under the guidance of

Dr. Asna Urooj

Co-Guide

Dr. Anjum Khanam

**DEPARTMENT OF STUDIES IN FOOD SCIENCE AND NUTRITION,
UNIVERSITY OF MYSORE,
MANASAGANGOTRI, MYSURU.**

NOVEMBER 2021

CERTIFICATE


I hereby certify that the project entitled "A study on the Body Composition Analysis, Dietary Intake and Hemoglobin status of Athletes of University of Mysore" submitted by Shreelakshmi B. 2nd year M.Sc. Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysore, as a partial fulfillment of the requirement for the Master Degree in Food Science and Nutrition was carried out under guidance and supervision. I certify that this is a bona fide work. This project or any part of it has not been submitted previously to this or any other University for any other degree.


Signature of the Guide

Dr. Asim Urooj
Department of Studies in
Food Science and Nutrition
University of Mysore
Manasagangothri, Mysore-06


Signature of the Co-Guide

Dr. Anjum Khanam
Department of Studies in
Food Science and Nutrition
University of Mysore
Manasagangothri, Mysore-06


Signature of the Chairperson

Dr. Komala M.
Department of Studies in
Food Science and Nutrition
University of Mysore
Manasagangothri, Mysore-06

Chairperson
Department of Studies in
Food Science and Nutrition
University of Mysore
Manasagangothri
MYSORE-570 006

VALUED

Date.....
EXAMINERS

DECLARATION


I hereby declare that the investigation report in the project entitled "**A study on the Body Composition Analysis, Dietary Intake and Hemoglobin status of Athletes of University of Mysore**" was carried out by me during the year 2021, in the Department of Studies in Food Science and Nutrition, University of Mysore, Mysore, under the guidance of **Dr. Asna Urooj** and **Dr. Anjum Khanam** in partial fulfillment of the requirement of the Degree of **Master of Science** in Food Science and Nutrition.

I further declare that the work embodied in this project has not been submitted previously for any degree, diploma or any other with similar title.

Signature of the Guide

Dr. Asna Urooj

Department of Studies in
Food Science and Nutrition
University of Mysore


Signature of the Co-Guide

Dr. Anjum Khanam

Department of Studies in
Food Science and Nutrition
University of Mysore


Signature of the candidate

Shreelakshmi B
Reg.No. FS119032