

DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of Dr. HR Nagendra, Chancellor, S-VYASA Deemed to be University Bengaluru and Dr. Alex Hankey, Distinguished Professor of Division of Yoga and Physical Sciences, S-VYASA Deemed to be University Bengaluru.

I also declare that the subject matter of my thesis entitled **Potential of *Rasāhāra* and Yoga in Treatment of Pre Diabetes - A controlled trial** has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 20th May, 2017

Purnima Datey

Place: Bengaluru

(Candidate)

C E R T I F I C A T E

This is to certify that Purnimā Dātey who was given Ph.D. registration with effect from January 12, 2009 by Swāmi Vivekānanda Yoga Anusandhāna Samsthāna, Deemed to be University under the Division of Yoga and Life Sciences has successfully completed the required ‘training’ in acquiring the relevant background knowledge and has completed the required ‘course of research’ for not less than two years to submit this thesis entitled ‘**Potential of Rasāhāra and Yoga in Treatment of Pre Diabetes- A controlled trial**’ as per the regulations of the University. We also declare that the subject matter of the thesis has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Alex Hankey, Ph.D.
Distinguished Professor
Division of Yoga and
Physical Sciences
S-VYASA
(Guide)

H.R. Nagendra, Ph.D.
Chancellor
Office of the Chancellor
Physical Sciences
S-VYASA
(Co-Guide)