

## DECLARATION

I, Amit Santosh Mishra at this moment, declare that I conducted this study at Swami Vivekananda yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of Dr. Padmini Tekur, Associate Professor, and Dr. H R Nagendra, Chancellor, S-VYASA Bengaluru.

I also declare that the subject matter of my thesis, entitled “**EFFECT OF YOGA-BASED LIFESTYLE MODIFICATION IN PRE-DIABETES,**” has not previously formed the basis of the award of any degree, diploma, associateship, fellowship, or similar titles.

Dr. Amit Santosh Mishra  
Ph.D./Cat3/18/Aug12

Date:15 March 2022

Place: Bengaluru