

## DECLARATION

I, hereby declare that this study was conducted at Department of Integrative medicine, National Institute of Mental Health and Neuro Sciences, Bengaluru, under the guidance of **Dr Prahlada Ramarao**, Pro-Chancellor & Director, Centre for Energy Research, S-VYASA Yoga University, Bengaluru, and **Dr Hemant Bhargav**, Assistance Professor, Department of Integrative medicine, National Institute of Mental Health and Neuro Sciences, Bengaluru. I also declare that the subject matter of my thesis entitled “**Yoga Based Lifestyle Intervention for Type 2 Diabetes: A Randomized Controlled Study with One Year Follow up using Thermal Imaging and Electrophotonic Imaging**” has not previously formed the basis of the award of any degree, diploma, fellowship, associate-ship or similar titles.

Date: 26/02/2022

Bengaluru



Mr Suman Bista