DECLARATION

I hereby declare that the data presented in the dissertation entitled “A Study on the Prevalence and Management of Osteoporosis in Women with Special Reference to Diet and Yoga” was collected by me during the years 2006-2012 and compiled independently by me under the guidance of Prof. G Saraswathi, Retired Professor and submitted to the University of Mysore for the fulfilment of the requirement of the degree of “Doctor of Philosophy” in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore.

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