

DECLARATION

I, PoojaVerma hereby declare that the work titled “**NUTRITIONAL EFFICACY OF FLAXSEED IN THE REDUCTION OF BLOOD SUGAR AND CHOLESTEROL**”has been carried out by me under the supervision of Prof. Sunita Mishra, School for Home Sciences, BabasahebBhimraoAmbedkar University, A Central University Lucknow, for the award of **Ph.D. Degree in Home Science**. This research work is an original work and has not been previously submitted in part or full for the award of any other degree or diploma to this or any other University. The sources used in this research work have been acknowledged properly.

Date:
Place:

(PoojaVerma)
Enrollment No. 701/12
Department of HD&FS
School for Home Sciences
BabasahebBhimraoAmbedkar
University, Lucknow-226025