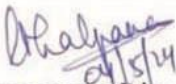
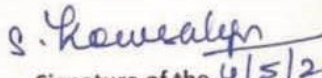


## CERTIFICATE

This is to certify that the thesis entitled "METABOLIC SYNDROME IN RELATION TO BODY COMPOSITION AND LIFESTYLE ADAPTATION AMONG SELECTED ADULTS RESIDING IN BENGALURU", submitted to the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641 043, in partial fulfilment of the requirements for the award of the degree of **Doctor of Philosophy in Food Science and Nutrition**, is a record of original research work done by **Reddy Jyothsna Challagundla** during the period of her study in the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641 043, under my supervision and guidance and the thesis has not formed the basis for the award of any Degree / Diploma / Associateship / Fellowship or similar title to any candidate of any other University or Institute and it represents entirely an independent work on the part of the candidate.

  
Signature of the  
Head of the Department

  
Signature of the  
Supervisor

  
Signature of the Dean

## DECLARATION

I hereby declare that the dissertation entitled "**METABOLIC SYNDROME IN RELATION TO BODY COMPOSITION AND LIFESTYLE ADAPTATION AMONG SELECTED ADULTS RESIDING IN BENGALURU**", submitted to the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 641 043, in partial fulfilment of the requirements for the award of Degree of **Doctor of Philosophy in Food Science and Nutrition**, is a record of original research work done by me under the supervision and guidance of **Dr.S. Kowsalya**, M.Sc., M.Phil., Ph.D., Former Registrar and Professor, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641 043 and it has not formed the basis for the award of any Degree / Diploma / Associateship / Fellowship or similar title to any candidate of any other University or Institute.

*S. Kowsalya*  
Signature of the Supervisor 4/05/24

*Reddijane*  
Signature of the Candidate 104.05.2024

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## ABBREVIATIONS / SYMBOLS

ABBREVIATIONS/ SYMBOLS	FULL FORM
ADA	American Diabetes Association
BCA	Body Composition Analysis
BIA	Bio-electrical Impedance Analysis
BMI	Body Mass Index
BMR	Basal Metabolic Rate
BP	Blood Pressure
CDC	Centers for Disease Control and Prevention
CI	Class Interval
CVD	Cardio Vascular Diseases
CTRI	Clinical Trials Registry – India
cm	Centimetre
DALYs	Disability-adjusted life years
DEXA or DXA	Dual-energy x-ray absorptiometry
DM	Diabetes Mellitus
dL or dl	deci litre
et al.,	et alli (&others)
FBS	Fasting Blood Sugar
FFM	Fat free Mass
FFQ	Food frequency questionnaire
g	gram
GE	General Electric
HTN	Hypertension
HDL- C	High Density Lipoproteins- Cholesterol
ICMR	Indian Council of medical research
IDF	International Diabetes Federation
INDIAB	India Diabetes
KAP	Knowledge attitude practice
kg	Kilogram
L or l	Litre
MetS	Metabolic Syndrome
Meqs	Metabolic Equivalent

<b>ABBREVIATIONS/ SYMBOLS</b>	<b>FULL FORM</b>
mg	Milligram
ml	Milli litre
mm	Milli meter
mmHg	Milli meter mercury
μIU	Micro International Units
NCDs	Non Communicable Diseases
NCEP ATP	National Cholesterol Education Program Adult Treatment Panel
NHANES	National Health and Nutrition Examination Survey
NIHCE	National Institute for Health and Care Excellence
NIN	National Institute of Nutrition
OPD	Outpatient department
PAL	Physical activity level
PHC	Preventive health checkup
%	Percentage
RDA	Recommended Dietary Allowances
SD or S.D	Standard Deviation
SMM	Skeletal Muscle Mass
TG	Triglycerides
y or yr	Years
WC	Waist Circumference
WHO	World Health Organisation