

**EVALUATION OF PHYSICAL GROWTH STANDARDS,  
NUTRITIONAL STATUS AND DIETARY PATTERNS AMONG  
THE SCHOOL AGE-CHILDREN OF HIMACHAL PRADESH:  
A CROSS SECTIONAL STUDY**

**A  
Thesis**

**Submitted for the Award of the Ph.D. degree of  
PACIFIC ACADEMY OF HIGHER  
EDUCATION AND RESEARCH UNIVERSITY**

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**FACULTY OF SCIENCE  
PACIFIC ACADEMY OF HIGHER EDUCATION  
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**2023**

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I, **NEETU SAINI D/O MR. TEJ SINGH SAINI** resident of C/O Pathania Infotech System, Ner Chowk, Teh. Balh, District Mandi, Himachal Pradesh, - 175008, hereby declare that the research work incorporated in the present thesis entitled **“Evaluation of Physical growth standards, Nutritional status and Dietary patterns among the school age-children of Himachal Pradesh: A cross sectional study”** is my original work. This work (in part or in full) has not been submitted to any University for the award or a Degree or a Diploma. I have properly acknowledged the material collected from secondary sources wherever required.

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**DATE: -**

**NEETU SAINI**

DEDICATED TO  
DR RAJIB BISWAS  
&  
MANISHA BISWAS



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