Declaration

I hereby solemnly declare that this Ph.D.in Geography dissertation entitled "Trends of Urban Growth and Urbanization in Far-western Terai of Nepal" has submitted to Kumaun University, Nainital, is entirely my original work prepared under the supervision of my supervisor. To the best of my knowledge and belief, it contains no materials, in full or in parts, previously published or written by any other person. I shall be solely in any evidence is found against my declaration.

Govinda Singh Bista

Place: Nainital 31 March 2016