

**Swami Rama Himalayan University  
Research and Development Cell**

SRHU/RDC/2024- 679

Date: 24.10.2024

Ms Swati Sharma,  
Ph.D. Research Fellow  
Registration No.- DD20215010003  
Specialization: Brain and Mind Sciences

**Subject: Transfer of admission from specialization of Brain and Mind Sciences to Yoga Science and allotment of Co-Supervisor for Ph.D. Research Work- Regarding**

This is in reference your written application requesting for change in the specialization of Ph.D. programme from Brain and Mind Sciences to Yoga Sciences. Your specialization of the Ph.D. programme has been changed to Yoga Science.

Dr Somlata Jha, Assistant Professor, HSYS is your Supervisor and Dr Malini Srivastava, Associate Professor, Department of Clinical Psychology, HIMS is the Co-supervisor for your Ph.D. research title **“Investigating the impact of a mindfulness-based yoga intervention on brain health in adults”**.

You may proceed your research work under guidance of the above supervisor and co-supervisor.



(Dr Bindu Dey)  
Director Research  
Research and Development Cell

Copy to: Principal, HSYS  
Supervisor/Co-Supervisor  
Personal file of the student for record