

Swami Rama Himalayan University
Research & Ph.D. Cell

SRHU/RDC/2025/987

Date: 12.06.2025

Ms. Anushka
Registration No.: DD231107801501
Ph.D. Scholar, Yoga Sciences
Swami Rama Himalayan University, Dehradun

Subject: Approval of synopsis and allotment of Supervisor/Co-Supervisor for Ph.D.

The Research Advisory Committee (RAC) has approved your Research Synopsis with the title of your Ph.D. research work on **05.05.2025**.

In accordance with the recommendations made by the RAC, you are hereby permitted to proceed with your Ph.D. research in the specialization of **Yoga Sciences**, on the duly approved title: **“Investigating the Efficacy of Alternate Nostril Breathing (Nadi-Shodhan Paranayam) in Hormonal and Physiological Changes in Postmenopausal Women”**, under the guidance of **Dr Saloni Malik (Supervisor)** and **Dr Nidhi Chauhan (Co-Supervisor)**.

It is mandatory to strictly adhere to the **“Policy for Prevention of Plagiarism”** prescribed by the University. The final thesis must be accompanied by a **“Certificate for Plagiarism”** in the prescribed format, along with a copy of the plagiarism report generated by the University-approved anti-plagiarism software (**Turnitin**), duly certified by the Supervisor and Co-Supervisor.

To be eligible for pre-thesis submission, you are required to regularly submit **six-monthly progress reports** in the prescribed format, through the RAC, to the Research and Development Cell.

You are also required to follow all other guidelines as prescribed by the University for the Ph.D. programme.



(Dr. Bindu Dey)
Director Research
Research and Development Cell
Swami Rama Himalayan University

Copy to: Principal/Director/HOD
Supervisor/Co-Supervisor
Personal file of the student for record