

Swami Rama Himalayan University
Research & Ph.D. Cell

SRHU/RDC/2025/ 995

Date: 18.06.2025

Ms. Diksha Patel
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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: **“Effect of Customized Yoga Protocol on Primary Dysmenorrhea in Young Girls: A Randomized Control Study”**, under the guidance of **Dr Subodh Saurabh Singh (Supervisor)** and **Dr Ruchira Nautiyal (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