

**Swami Rama Himalayan University**  
**Research & Ph.D. Cell**

SRHU/RDC/2025/996

Date: 18.06.2025

**Ms. Neelam Patel**  
**Registration No.: DD241107801009**  
**Ph.D. Scholar, Yoga Sciences**  
**Swami Rama Himalayan University, Dehradun**

**Subject: Approval of synopsis and allotment of 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 Yogic Intervention on Cognitive Function, Emotion Regulation and Sleep Quality Among University Students: A Randomized Control Study”**, under the guidance of **Dr Mala Tripathi (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.

*For  
Dr. Bindu Dey*

**(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