

**R.12020/48/2025-HR**  
**Government of India**  
**Ministry of Health and Family Welfare**  
**(Department of Health Research)**

1, Red Cross Road,  
IRCS Building,  
New Delhi-110001

Dated: 25.07.2025

To,

The Director/Head of the Institution,  
Swami Rama Himalayan University,  
Yoga Science, Dehradun, Uttarakhand.

(Provisional Award Letter)

**Subject:** HRD Scheme of the Department of Health Research **“Start-up Grant for Induction into Biomedical & Health Research”**. Project titled **“Assessment of Lung Functions and Immune Profile in Post-Tuberculosis Lung Disease (PTLD) cases through Pulmonary Rehabilitation (PR) with Yogic Breathing Exercises: A Single arm longitudinal study.”**, Principal Investigator: **Dr. Saloni Malik** vide proposal no. **SUG 2025-1221-reg.**

With the approval of the Competent Authority, a provisional sanction is accorded for funding of the Project titled **“Assessment of Lung Functions and Immune Profile in Post-Tuberculosis Lung Disease (PTLD) cases through Pulmonary Rehabilitation (PR) with Yogic Breathing Exercises: A Single arm longitudinal study.”**, Principal Investigator: **Dr. Saloni Malik** vide proposal no. **SUG 2025-1221**, under **“Start-up Grant for Induction into Biomedical & Health Research”**-HRD Scheme of the Department of Health Research on the terms and conditions detailed here under:-

1. The duration of the project shall be for **3 years** only.
2. The date of project start shall be effective from the date of receipt of funds in the parent Institute receiving the Grant.
3. The budget for the project shall be **Rs. 4769820 (Rupees Fourty Seven Lakh Sixty Nine Thousand Eight Hundred Twenty Only)** as per the details indicated in the attached statement [Annexure-I].
4. The grant for the first year for **Rs. 1941940/- (Rupees Nineteen Lakh Fourty One Thousand Nine Hundred Fourty Only)**.
5. Further grant will only be released on the basis of work performed by the PI in this project which is subject to the review by the Technical Evaluation Committee constituted by the Department and recommendations thereon.
6. The payment will be further subject to the GFR- 2017/DFPR-1978/Receipt and



Committee constituted by the Department and recommendations thereon.

6. The payment will be further subject to the GFR- 2017/DFPR-1978/Receipt and Payment Rules 1983 (as amended from time to time) and also subject to the following terms and conditions: -

- i. The Institute shall receive the funds and subsequently release the funds to the PIs after ensuring that all the mandatory documents are duly completed as given below:-

**List of Codal Formalities/Mandatory Documents for Start-up Grant**

- Acceptance Letter from the Head of the Institute (format attached) .
  - Ethical clearance certificate and in case, the research belongs to exempt category a "Certificate of exemption" may be obtained from the IEC .
  - DSIR recognition certificate.
  - Mandate form and cancelled cheque of the Parent Institute (Saving bank account)
  - Non availability of equipment certificate (format attached).
- ii. PI are requested to submit the above documents to [dh-hrdscheme@gov.in](mailto:dh-hrdscheme@gov.in) within 30 days i.e. from the issuing date of the award letter.
- iii. The grant of the project will be released in favour of **"HIMALAYAN INSTITUTE OF MEDICAL SCIENCES CONFERENCE"**.
- iv. The Parent Institute would be required to submit the Quarterly/annual progress report, the final completion report and the audited Utilization Certificate annually by the end of March as per GFR-238etc., as per provisions of the scheme guidelines.
- v. Steps to procure the approved equipment should be initiated immediately (to avoid escalation of cost) by following the GFR guidelines/ prescribed norms of the Govt. of India.
- vi. The salary of staff appointed on the project should be paid as indicated in the budget statement attached. An undertaking would be furnished by the institution that the staff will be engaged for the project purely on contractual basis and would have no claim to a permanent employment with the DHR. No alteration in the staff approved can be made by the institute/research Organization without the permission of DHR.
- vii. The Institute shall not dispose of or encumber or utilize the assets acquired wholly or substantial you to the Government grant for purpose other than those for which the grant has been sanctioned without prior sanction of the Government.
- viii. The Institute shall maintain a separate account for funds received and expenditure incurred under the said scheme.
- ix. If the grant or any part thereof is not utilized for the purpose for which it is sanctioned, it shall be refunded to the DHR immediately.
- x. The Institute should maintain a register in FormGFR-22 of the payment and



semi-permanent assets acquired to the DHR immediately.

- xi. The register of assets maintained by the Institute shall be made available for scrutiny by the Audit.
- xii. A utilization certificate in proforma prescribed (GFR 12- A) and the audited statement of accounts should be furnished to the DHR to enable the Government to satisfy themselves that the amount has been utilized for the purpose for which it was sanctioned. These documents should be sent to the DHR immediately after the closure of the current financial year and in any case not later than the end of the third month of the next financial year.
- xiii. The accounts of the grantee institution shall be open to inspection by the sanctioning authority and audit both by the CAG of India under the provision of CAG(DPC) Act, 1971 and internal audit wing of the O/o CCA of the Ministry, whenever the institution of organization is called upon to do so.
- xiv. Grantee/institution receiving the grant shall furnish Achievement- cum performance report (final) two months prior of the scheduled period of the project.
- xv. Utilization of Travel Grant, Contingency Grant, etc would be as per the Guidelines of the Scheme, which are available on the website of DHR.
- xvi. DHR guidelines for the extramural projects as available on the ICMR website may also be followed.
- xvii. Any change in sanctioned budget /salary component/ staff or any component of the approved project will not be entertained.

**Other Terms & Conditions of the Grant:**

- I. The payment of the grant will be made by the electronic transfer and the receipt of the same shall be duly acknowledged by the Institute.
  - The Institute should register on PFMS portal to receive funds electronically from the DHR.
  - All the expenditure, transfer and advances shall be maintained on PFMS portal for monitoring of funds /grant by DHR.
  - The utilization certificate generated from the PFMS portal will only be accepted and further grant will be release on the basis of utilization certificate.
- II. After completion of the project/activity the ownership of the physical and intellectual assets created or acquired out of the funds granted shall vest with the Department.
- III. Expenditure should on no account exceed the budget sanctioned for the project. Re- appropriation of savings to meet excess expenditure under various sub heads shall not be made without the approval of the DHR. No expenditure shall be incurred on items not sanctioned under the scheme.

IV. Extension beyond the approved duration would not be entertained. However, if interesting/ important leads emerge that need to be followed-up, a separate proposal may be submitted. Only in exceptional cases, where a valid justification exists, and recommended by the Technical Evaluation Committee and Project Approval Committee an extension can be considered to complete the project.

V. The Parent Institute would be required to submit an annual progress report and also give audited statement of expenditure by the Auditor of the research Organization/Institute etc. However, the first progress report should be submitted atleast three months prior to the completion of the annual report.

VI. At the completion of the project, the final report should be sent in the prescribed format. The report should be submitted not later three months from the date of completion of the project. Failure to submit the Annual/Final report in time may lead to termination of the project without any notice.

The receipt of the letter may kindly be acknowledged.



डॉ. तुषार करमरकर / Dr. Tushar Karmarkar  
उप सचिव / Deputy Secretary  
स्वास्थ्य अनुसंधान विभाग / Deptt. of Health Research

(Dr. Tushar Karmarkar)  
Deputy Secretary to the Govt. of India  
Ministry of Health and Family Welfare  
Government of India  
Department of Health Research

**Copy to:-Dr. Saloni Malik, PI of the project, Yoga Science, DEHRADUN, UTTARAKHAND**

**Annexure I:**

Project titled **“Assessment of Lung Functions and Immune Profile in Post-Tuberculosis Lung Disease (PTLD) cases through Pulmonary Rehabilitation (PR) with Yogic Breathing Exercises: A Single arm longitudinal study..”**,  
Principal Investigator: Dr. Saloni Malik vide his proposal no. SUG 2025-1221.

**Budget breakup as below:-**

Head	1st Year	2nd Year	3rd Year	Total
JRF	5,32,800	5,32,800	5,32,800	15,98,400
Contingencies	2,00,000	4,00,000	4,00,000	10,00,000
Equipment:	7,00,000	50,000		7,50,000
Consumable	2,00,000	2,00,000	2,00,000	6,00,000
Travel	2,50,000	2,00,000	1,80,000	6,30,000
Overhead	59,140	66,640	65,640	1,91,420
<b>Total</b>	<b>19,41,940</b>	<b>14,49,440</b>	<b>13,78,440</b>	<b>47,69,820</b>

