



स्वामी विवेकानन्द योग अनुसंधान संस्थान

Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

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Certificate

The doctoral committee confirms that this is an authentic and approved copy of the thesis and it has been reviewed and approved by two experts.

The doctoral committee recommends the award of PhD degree to the candidate as follows:

Name of the Student: Dr Amit Singh

Registration No: PhD/Cat2/04/Jan12

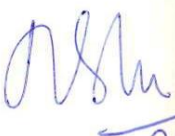
Title of the Thesis: Yoga and molecular and systemic homeostasis in type 2 diabetes mellitus: studies on short and long-term yoga practitioners

Viva-Voce Examination Details:


Date: 21st October, 2019

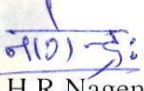
Day: Monday

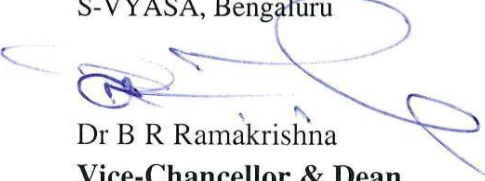
Venue: Tarangini, Chancellor Office, S-VYASA, Bengaluru



27-10-19
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CERTIFICATE

This is to certify that **Dr Amit Singh** who is a PhD Scholar bearing the University registration number of PhD/Cat2/04/Jan12 with effect from January 2012 by Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of Yoga and Humanities. He has successfully completed the prescribed course work and all requirements for the submission of thesis. This thesis entitled '**EFFICACY OF YOGA ON MOLECULAR AND SYSTEMIC HOMEOSTASIS IN TYPE 2 DIABETES MELLITUS: STUDIES ON SHORT AND LONG-TERM YOGA PRACTITIONERS**' is based on the work carried out by her as per regulations of the University. Further, it is declared that subject matter of this thesis has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship, or similar titles.

Padmini Tekur, MBBS, PhD

PhD Guide

H R Nagendra, M.E., PhD

PhD Guide

Date: 16/12/2019

Place: Bengaluru

DECLARATION

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of Dr Padmini Tekur, Associate Professor and Dr H R Nagendra, Chancellor, S-VYASA Bengaluru.

I also declare that the subject matter of my thesis entitled **“EFFICACY OF YOGA ON MOLECULAR AND SYSTEMIC HOMEOSTASIS IN TYPE 2 DIABETES MELLITUS: STUDIES ON SHORT AND LONG-TERM YOGA PRACTITIONERS”**, has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship, or similar titles.

Dr Amit Singh

PhD/Cat2/04/Jan12

Date: 16/12/2019

Place: Bengaluru (Candidate)

ACKNOWLEDGEMENT

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Finally, surrendering unto the unseen Divine without whose wish this work wouldn't have been possible.

Dr Amit Singh

PhD/Cat2/04/Jan12

Date: December 15, 2019

Place: Bengaluru