



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

This is to Certify that the Doctoral Committee confirms that this is an authentic approved copy of the thesis titled **“Effect of Yoga-Based Lifestyle Modification in Prediabetes”** submitted by **Dr. Amit Santosh Mishra**, bearing Registration No. **PhD/Cat3/18/Aug12**.

The Viva-voce examination was conducted on Tuesday, 15th March 2022 through online google meet with session link: meet.google.com/srd-iucf-esg

The committee recommends the award of the PhD Degree.

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CERTIFICATE

This is to certify that **Dr. Amit Santosh Mishra, B.A.M.S**, is a Ph.D. Scholar bearing the University registration number of **Ph.D./Cat3/18/Aug12** with effect from August 2012 by Swami Vivekananda yoga Anusandhana Samsthana, Deemed University under the Division of yoga and Humanities. He has completed the prescribed coursework and all requirements for the submission of the thesis. This thesis entitled “**EFFECT OF YOGA-BASED LIFESTYLE MODIFICATION IN PRE-DIABETES**” is based on the work carried out by her as per regulations of the University. Further, it is to declare that the subject matter of this thesis has not previously formed the basis of the award of any degree, diploma, associateship, fellowship, or similar titles

Dr. Padmini Tekur, MBBS, PhD
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Date: 15 March 2022

Place: Bengaluru