



UTTARAKHAND OPEN UNIVERSITY,
HALDWANI, NAINITAL

The report should be sent (in the sealed envelope) to the Exam Controller, Uttarakhand Open University, Teen pani Bypass Road, Haldwani (Nainital) -263139.

UOU/Research/Yoga/23/01

DATE: 08/05/2023

PROFORMA FOR THE WRITING Ph. D. THESIS REPORT

- 1- Name of the Candidate Sri Anil Kothari, Registration No. 19201234
- 2- Subject: YOGA
- 3- Name of the Doctorate Degree: Ph. D.
Title of thesis : **“Role of selected Yogic Practices on Quality of Life of Middle Aged Adults suffering For, Obesity, Hyperlipidemia and Long term Glycemic control in Type-11 diabetes”**
5. Name of the examiner with full postal address Professor G.D. Sharma, Ex-Professor Yoga, H P University Shimla, Flat No-07 yoga Bhawan, Near Sanjay Gandhi Public School New Shimla, 171009 (HP)

Note – Under the ordinance relating to Doctorate Degree a thesis shall comply with the following conditions and the examiners are requested that in case they approve of a thesis for the degree, it should be definitely mentioned in the report that the thesis complies with these requirements.

- (a) It must be a piece of research work characterized either by the discovery of facts or by a fresh approach towards the interpretation of facts or theories. In either case it should evince the candidate's capacity for critical examination and sound judgment.
- (b) It shall be satisfactory in point of language and presentation of subject matter. The examiners will also indicate whether the thesis is suitable for publication in its present form with or without amendments.

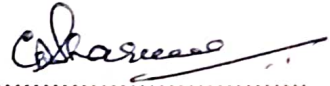
IMPORTANT

The Examiner is requested to recommend definitely weather.

- (a) The candidate is admitted to the degree.
Or
 (b) The candidate should improve and resubmit the thesis.
Or
 (c) The thesis should be rejected.

REPORT

Dated 21-07-2023


.....
(Signature of the Examiner)

(If necessary blank sheets may be added to complete the report)

I have gone through the entire Research work and the candidate has shown his capability & capacity as a Researcher both practically & philosophically. The Research is a piece of excellent advice, suggestions and instructions to the readers and people suffering from the disorders because of faulty way of living & sedentary food habits.

See Page 12

My Observations are as Under:-

1. In first Chapter Researcher has nicely presented the plan of Research including its aims & objects, hypothesis etc. In the introductory explanation there should have been more Sanskrit Quotations to make the introduction more effective.
2. Literature review in second chapter is also not very pinpointed. Study of scriptures talks much of the advices relating to Quality of Life.
3. Research Methodology adopted by the candidate is as per the requirement of the Research work. Tools & Techniques adopted to analyse the data are genuine.
4. All other related documents like Plagiarism Swifely Certificate, Publication of Research papers, Attendance in conferences/seminars are as per the norms of the Ph.D. Thesis Submission.

Recommendations:

1. I Strongly recommend to the University that on the basis of the Good Research work by the Researcher, the Thesis ^{Researcher} be awarded the Degree of Ph.D.

Gharu

Prof (Dr) G.D. Gharu
21.07 - 2023

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Gharu
01/08/23

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01/08/23

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01/08/2023



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Title of thesis : "Role of selected Yogic Practices on Quality of Life of Middle Aged Adults suffering For, Obesity, Hyperlipidemia and Long term Glycemic control in Type-11 diabetes"
5. Name of the examiner with full postal address Professor Jitendra Kumar Sharma, Professor & Head, Dept. of Yoga , Indra Gandhi National Tribal University, Amarkantak, Dist. Anoopur MP 484887.

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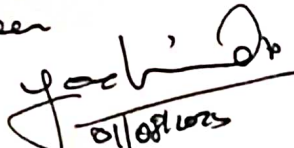
- (a) The candidate is admitted to the degree. **Yes.**
Or
- (b) The candidate should improve and resubmit the thesis. **NO.**
Or
- (c) The thesis should be rejected. **NO.**

REPORT

Dated 22/6/2023.


(Signature of the Examiner)

(If necessary blank sheets may be added to complete the report)

Seen

01/08/2023