



UTTARAKHAND OPEN UNIVERSITY,
HALDWANI, NAINITAL

The report should be sent (in the sealed envelope) to the Director Research, Uttarakhand Open University, Teerapani Bypass Road, Haldwani (Nainital) - 263 139

REPORT FOR THE Ph.D. VIVA VOCE

1. Name of the Candidate ANIL KOTHARI
2. Subject YOGA
3. Name of the Doctorate Degree DOCTOR OF PHILOSOPHY IN YOGA (PH.D.-YOGA)
4. Title of thesis ROLE OF SELECTED YOGIC PRACTICES ON QUALITY OF LIFE OF MIDDLE AGED ADULTS SUFFERING FROM OBESITY, HYPERLIPIDEMIA AND LONG TERM GLYCEMIC CONTROL IN TYPE-II DIABETES
5. Name of the examiner with full postal address

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 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 whether:

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

REPORT

While conducting the Ph.D. Viva-Voce Exam. of the scholar he was asked to the Relevance of the Topic with its utility to the society. It was followed by various queries, questions and clarifications of the scientific & yogic terminology he has used in explanation in the pocket of the Thesis. He was also asked to explain the various tools & techniques used in sample size, data collection, data analysis, Results along with different variables & Hypothesis of the Research work. The scholar handled with confidence all the questions & proved his Research excellence. In view of the above, I strongly recommend to the Univ. to award the Ph.D. Degree with due consideration to the scholar.

G Sharma
(Signature of the Examiner)

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

By All need
Date 24/5/23