



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

### 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 research scholar as follows:

**Name of the Research Scholar:** Mr Muralidhar Venkatrao

**Registration No:** PhD/Cat2/01/Aug14

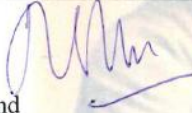
**Title of the Thesis:** YOGA AND DIABETES: A MULTI-CENTRIC RESEARCH STUDY

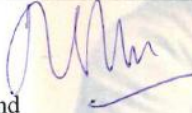
**Viva-Voce Examination Details:** Date: 6<sup>th</sup> October, 2020

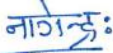
Day: Tuesday, Time: 10:00 am to 11:30 am


**Thesis Presentation:** Online through Google meet


**Session Link:** [meet.google.com/xzm-vpzb-qah](https://meet.google.com/xzm-vpzb-qah)

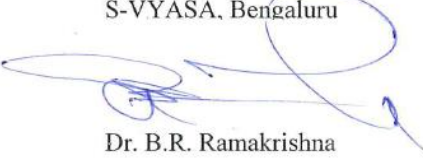
  
Dr. Akshay Anand  
**Reviewer –National & Examiner**  
Professor, Neuroscience Research Lab  
PGI, Chandigarh

  
Prof. Sree N Sreenath  
**Reviewer - International**  
Professor, Electrical Engineering &  
Computer Science, Case Western  
Reserve University, USA

  
Dr. H R Nāgendra  
**Research Supervisor**  
Chancellor, S-VYASA,  
Bengaluru

  
Dr. Nagarathna R  
**Co-Research Supervisor**  
Division of Yoga & Life Sciences  
S-VYASA, Bengaluru

  
Dr. R. Chandrasekhar  
**Dean of Academics**  
S-VYASA, Bengaluru

  
Dr. B.R. Ramakrishna  
**Vice-Chancellor**  
S-VYASA, Bengaluru

# CERTIFICATE

This is to certify that Muralidhar Venkatrao who has been given PhD registration with effect from August 11, 2014, by the Swami Vivekananda Yoga Anusandhana Samsthana University under the division of Yoga and Life Sciences has successfully completed the required training in acquiring the relevant background knowledge in Yogic Sciences related to epidemiology and diabetes, and has completed the required course of research to submit this thesis entitled ‘Yoga and Diabetes: a multi-centric research study’ as per the regulations of the University.

**Dr. Nagendra H.R. ME, Ph.D**

Chancellor  
(Guide)  
S-VYASA, Bengaluru

**Dr Nagarathna R. MD,FRCP**

Dean, Division of Life Sciences  
(Co guide)  
S-VYASA, Bengaluru

Date:

Place:

# DECLARATION

I, Muralidhar Venkatrao, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bangalore, under the guidance of Dr H R Nagendra, Chancellor, SVYASA; and Dr R Nagarathna, Dean, Division of Life Sciences, SVYASA.

I also declare that the subject matter of my thesis entitled “YOGA AND DIABETES: A MULTI-CENTRIC STUDY” has not previously formed the basis of the award of any degree, diploma, associate ship, fellowship or similar titles.



Place: Bengaluru

**Muralidhar Venkatrao**

Date:

(Candidate)

## ACKNOWLEDGEMENTS

I am grateful to the blessings and grace of the Divine coming through the form of my Gurudeva Paramhansa Yogananda.

Dr H.R. Nagendra, my guide, advisor, and mentor was steadfast in his confidence in me, unerring in his guidance, and always inspiring by exhibiting the serenity of a Yogi and the honesty of a true scientist.

Dr R Nagarathna my Co-guide, helped me at every stage of my research, encouraged me, and always kept me on track. In addition to the art of biomedical research, I have attempted to learn from her living example how to quietly work hard and put data and evidence above else.

I would like to acknowledge the help I received from Dr Manjunath, Dr Pailoor Subramanya, Dr Suchitra Patil, Dr Judu Ilavarasu, Dr Ramesh Mavatur, and Dr Raghavendra Bhat throughout my journey. Their continuous support, expert guidance, and constant encouragement helped me deepen my knowledge and grow into the role of a researcher.

I recall with fondness and gratitude the help of Smt Sharada Shankar, Sri Shankar, Sri Venkatesh, and Sri Manjunath. They were always available and willing to lend a helping hand during my visits, and made my stays at the campus both productive and comfortable.

I am indebted to my family and many friends for their unwavering support, encouragement, and wisdom. In particular, I would like to thank my sister Gayathri for her love and care; my close friend and manager at Microsoft, Winnie Wu for her constant counsel and encouragement; and my mentor Hriman McGilloway for his wisdom and insight.



Date: Oct 07 2020  
Place: Bengaluru

MURALIDHAR VENKATRAO  
(Candidate)