

## VISTAS SPS IEC

**Registration number ECR/288/Indt/TN/2018/RR-21**

### Minutes of Meeting

Institutional Ethical Committee (IEC) meeting held on 17.05.2023 (Thursday) in CARD Conference Hall, Vels Institute of Science Technology and Advanced Studies, Pallavaram, Chennai-600117, Tamilnadu at 9.00 AM onwards.

#### Members Present

1. Dr. Melvin George - Chairperson
2. Dr. A. Vijayalakshmi - Member Secretary
3. Dr. A. Maduram - Medical Scientist
4. Dr. Naresh kumar Krishnamurthy - Clinician
5. Dr. Dilshad Shaik - Legal Expert – External
6. Dr. V. Karthikeyan - Legal Expert – Internal
7. Dr. C. Ronald Darwin - Scientific Member-Internal
8. Dr.A. Kathiresan - Scientific Member-Internal
9. Dr. R. J. Hemalatha - Scientific Member-Internal
10. Mrs. Selin Semila Rani – Lay Person

Following protocols were presented before IEC members with recommendation against each member.

S.No	Name of the Principal Investigator	Title	Remarks
1	Mr. Chandan. C M.Sc. Student (Yoga)	Effect of Trataka Practice on Visual acuity among college students	Approved
2	Mr. Darshangowda. MS M.Sc. Student (Yoga)	Effect of Asana on body composition level among obesity men.	Approved
3	Ms. Devi. K M.Sc. Student (Yoga)	Effect of Selected Asanas and Pranayama on Lipid Profile among Hypertension Women	Approved
4	Mr. Dinesh Kumar.S M.Sc. Student (Yoga)	Impact of Suryanamaskar and Asanas on Flexibility Levels among School Children	Approved
5	Mr. Gandharva Natesh M.Sc. Yoga	Effects of Yoga Nidra Practice on Blood Glucose Level among Middle-Aged Men with Type 2 Diabetes Mellitus	Approved

6	Ms. Geetha. S M.Sc. Student (Yoga)	Effect of Yoga Practices on Hemoglobin Levels among Women	Approved
7	Ms. Kavitha. S M.Sc. Student (Yoga)	Impact of Creative Yoga intervention on attention span and grip strength in higher functioning Autistic children	Approved
8	Ms. Mamatha M.Sc. Student (Yoga)	Effect of Yoga Mudras on Blood Pressure levels among Middle-Aged Men with Hypertension	Approved
9	Ms. Mamatha. K C M.Sc. Student (Yoga)	Effect of Ujjayi Pranayama on Thyroid Hormones levels among Women with Hypothyroidism	Approved
10	Ms. Mythreyee. B K M.Sc. Student (Yoga)	Effect of yogic practices on memory level among school children	Approved
11	Ms. Piriamalini Pandurengan M.Sc. Student (Yoga)	Effect of Yoga Nidra on Blood Pressure Level among people with Hypertension	Approved
12	Ms. Poonamalli Amulya M.Sc. Student (Yoga)	Impact of Silent Meditation and Pranayama on Stress Level among IT Professionals	Approved
13	Ms. Prathibha. T M.Sc. Student (Yoga)	Impact of Prana Pranava meditation on Blood Pressure level among Hypertension people	Approved
14	Ms. Rama. S M.Sc. Student (Yoga)	Effects of Mudra and Nadanusandhana Pranayama on Blood Pressure among Hypertension in Men	Approved
15	Mr. Ravanikar. HM M.Sc. Student (Yoga)	Effect of Pranayama Practice on selected physiological variable of sports persons	Approved
16	Ms. Rohini. K M.Sc. Student (Yoga)	Effects of Yoga Practices on TSH levels on women with Hypothyroidism	Approved
17	Ms. Sandhya. K M.Sc. Student (Yoga)	Effect of selected Yoga Practices on clinical variables among Geriatric patients with Chronic Low Back Pain	Approved
18	Ms. Shyamala. V M.Sc. Student (Yoga)	Impact of chanting 'OM' on Blood Pressure and Heart Rate levels among persons with Hypertension	Approved
19	Ms. Suganya. K M.Sc. Student (Yoga)	Efficacy of Yogic interventions on Hormone level among women with Polycystic Ovarian Syndrome	Approved
20	Ms. Sumithra. M M.Sc. Student (Yoga)	Effect of Yogic practices on Liver Enzyme levels among Obesity women	Approved
21	Ms. Surabhi. CK M.Sc. Student (Yoga)	Effect of selected Pranayama on Breath Holding Time and Vital Capacity among College Students	Approved
22	Ms. Suvarna Gaonkar M.Sc. Student (Yoga)	Effect of Yogic Practices on Muscular Endurance among School Children	Approved

23	Mr. Vasu. M M.Sc. Student (Yoga)	Effect of selected Asanas and Pranayama on flexibility and Cardiovascular endurance among Tennis Players	Approved
24	Ms. Shilpa M.Sc. Student (Yoga)	Effect of selected Yogic Practices on pain and flexibility level among Women with Mechanical Low Back Pain	Approved
25	Ms. Anuradha. M Research Scholar (Yoga)	Effect of Asana Pranayama and Yoga Nidra on Physiological and Biochemical Level of Type-2 Diabetic Working Male Participants	Approved
26	Ms. Gajalakshmi. A Research Scholar (Yoga)	Effect of selected Asanas and Pranayama on Clinical and Physiological Variables among Women with Neck Pain	Approved
27	Mr. Harindranath. TG Research Scholar (Yoga)	Effect of Pranayama Practices on Pulmonary Function in Subjects with Bronchial Asthma	Approved
28	Ms. Poornima. R Research Scholar (Yoga)	Impact of Yoga Practices on Psychophysiological and Metabolic Variables among Male Adults with Metabolic Syndrome	Approved
29	Mr. Rajeevan. P V Research Scholar (Yoga)	Impact of selected Yogic Practices on Physiological and Biochemical variables among Middle-Aged men with Hypertension in Kannur district, Kerala	Approved
30	Ms. Sapna. K Research Scholar (Yoga)	A Comparative Study on Selected Yogic Practices and Bharatanatyam Adavus on Anthropometric Parameters and Lipid Profile among Overweight Women in Calicut District	Approved
31	Ms. Sumitra Patil Kulkarni Research Scholar (Yoga)	Effect of Yogic Practices on Physical and Biochemical variables among Polycystic Ovarian syndrome Women's	Approved

*A. Vijayalakshmi*  
(Dr. A. Vijayalakshmi)

Member Secretary-IEC

**Copy to**

1. All Institutional Ethics Committee Members
2. Vice Chancellor-VISTAS
3. Dean, SPS

