



**GOVERNMENT COLLEGE OF EDUCATION  
SECTOR 20-D, CHANDIGARH  
NAAC ACCREDITED GRADE 'A'**



**3rd Cycle  
Assessment and Accreditation by NAAC  
CRITERION-III  
Research and Outreach Activities**



## CRITERION 3

### KEY INDICATOR- 3.1.1

3.1.1 Average Number of research projects funded by government and/ or non-government agencies during the last five years

*Sanction Letter from the Funding Agency*

### INDEX

Sr. No	Content	Page No.
1	Sanction letter (2018-19)	1-2
2	Sanction letter (2019-20)	3
3	Sanction letter (2020-21)	4



# Sanction Letter (2018-19) (36)

CHANDIGARH ADMINISTRATION  
HOME DEPARTMENT

Chandigarh, dated the

8/8/19

To

The Additional Inspector General of Prisons,  
Union Territory, Chandigarh.

Subject:

Permission for carry out a research study to understand the effect of Yoga on memory of Jail Inmates of Chandigarh.

.....  
Reference your letter No.5438/UT/SJ, dated 11.07.2019  
on the subject noted above.

2. Permission is hereby accorded to Shri Akshay Anand, Ph.D, Professor, Neuroscience Research Lab, Department of Neurology, Postgraduate Institute of Medical Education & Research, Chandigarh, Department of Neurology, for doing research study to "understand the effect of Yoga on memory of inmates of Model Jail, Chandigarh subject to following conditions:-

1. That the visitors have to give undertaking as per the format issued by the Govt. of India.
2. That no Handycam /Camera/Tape Recorder / Equipments / Tripode / Stand mounted Cameras / Mobile Phone /Papers shall be allowed to carry inside Jail during visit.
3. That the visitors shall not release any documentary article/papers/books or any content thereof to the media/social media.
4. That the visitors shall immediately withdraw from circulation, the documentary/articles/paper/book or any content thereof, if called upon do so by the authorized officers of the State Government/UT Administration.
5. That the visitors shall write the news articles/ magazine articles/web based article following the journalistic conduct as prescribed by the Press Council of India.
6. That the visitors shall not publish the research papers/ documentary / film /article /book without receiving the "No Objection Certificate" from the UT Administration/Head of Prison Department.

7. The condition as mentioned at point No. (e) of your letter under reference may be dropped as the visit of research fellows is for the work is relating to prison reforms.

*Sharma*

01/09/15  
Superintendent DA&R,  
for Principal Secretary Home,  
Chandigarh Administration,  
Chandigarh, dated the P 8/8/15

No. 2266-HIII(3)-2019/ 11782

A copy is forwarded to Shri Akshay Anand, Ph.D,  
Professor, Neuroscience Research Lab, Department of Neurology,  
Postgraduate Institute of Medical Education & Research(PGI),  
Chandigarh for information .

*Sharma*

01/09/15  
Superintendent DA&R,  
for Principal Secretary Home,  
Chandigarh Administration.

P



# Sanction Letter (2019-20)

स्नातकोत्तर चिकित्साय शिक्षा एवं अनुसंधान समिति  
Institutional Ethics Committee  
संस्थागत नैतिकता समिति



Prof. K.N. Pathak  
Chairman

Phone No. 0172-2755266  
दूरभाष नंबर 0172-2755266

Dr. Samir Malhotra  
Convener

Dated:- 31<sup>st</sup> August, 2020

No.: PGI/IEC/2020/001007

To: Dr. Akshay Anand, Department of Neurology, PGIMER, Chandigarh.  
From: IEC Office  
Date: 30.10.2018

Subject: Molecular, Cell survival and Neuro-cognitive effects of Yoga Intervention in stress induced Cognitive Impairment in Prisoners and its efficacy in animal model of memory loss.

The Institutional Ethics Committee of PGIMER, Chandigarh reviewed and discussed the above mentioned project. Your replies to clarification raised in the meeting were received and discussed. The Ethics Committee has approved the above mentioned project. The following documents were reviewed:-

- Study Protocol (including amendments, if any).
- Patient Information Sheet and Informed Consent Form (including updates, if any).
- Principal Investigator's current CV.
- IEC form.

The following members of the IEC were present at the meeting held on 30.10.2018 at 03:00 PM in the Board Room of Kairon Block, PGIMER, Chandigarh:-

Sr. No	Name of the member	Designation	Affiliation to PGI
01.	Prof. K.N. Pathak	Chairman	No
02.	Shri Justice M.R. Agnihotri	Member (Legal)	No
03.	Dr. B.N. Goswami	Member (Lay Person)	No
04.	Prof. O.P. Katare	Member (Basic Scientist)	No
05.	Dr. Promila Vasudeva	Member (Social Scientist)	No
06.	Dr. Manish Modi	Member (Clinician)	Yes
07.	Dr. Neelam Aggarwal	Member (Clinician)	Yes
08.	Dr. Nusrat Shafiq	Member (Pharmacologist)	Yes
09.	Prof. Samir Malhotra	Convener	Yes

The Institutional Ethics Committee expects to be informed about the progress of the study, please use the Annual Progress Report Form available on the PGIMER website. Please note that it is the responsibility of the PI to inform the IEC/DSMC regarding any SAE occurring in the course of the study, or any changes in the protocol and patient information sheet /informed consent form, if applicable. You are also requested to provide a copy of the final report in the Study Completion Form available on the PGIMER website. Please be advised that your study can be periodically monitored by the IEC. This approval is valid for one 03 years from the date of issue of this letter.

Yours sincerely,

(Prof. Samir Malhotra)  
Convener  
Institutional Ethics Committee,  
PGIMER, Chandigarh.

# Sanction Letter (2020-21)



## INSTITUTIONAL ETHICS COMMITTEE

PANJAB UNIVERSITY (PUIEC), CHANDIGARH-160014

Email: iec@pu.ac.in

EC Ref. No.: EC-D-2106-72

Date: 03.06.2021

To,

**Dr. Sapna Nanda**

Govt. College of Yoga Education and Health,  
Sector 23 A, Chandigarh.

**Sub: Recommendations of the PUIEC**

Dear Dr. Sapna Nanda,

This is in reference to your research proposal (EC-R 2011-045) entitled "Effectiveness of Yoga and Meditation Protocol In Management of Academic Stress Senior Secondary School Students of Chandigarh" to be carried out in Chandigarh, along with Mr. Sumant Batish.

I am pleased to inform that your proposal has been unanimously **APPROVED** (approval no: PUIEC210312-II-040) after you have complied with the recommendation/s made vide letter no: EC-D-2103-47 dated 06.04. 2021. The following members were present during the PUIEC meeting held on 12<sup>th</sup> March, 2021.

Sr. No	Name	Designation	Affiliation to PU
1.	Prof (Dr.) SS Pattnaik	Chairman	No
2.	Dr. Ravi Gupta	Member (clinician)	No
3.	Dr. Pallab Ray	Member (Basic Scientist)	No
4.	Dr. Ram Samujh	Member (clinician)	No
5.	Prof. Sandeep Puri	Member (clinician)	No
6.	Dr. Vidya Rattan	Member (clinician)	No
7.	Dr. C S Gautam	Member (Pharmacologist)	No
8.	Mr. DayaNidhi	Member (Lay person)	No
9.	Prof. Jyoti Rattan	Member (Legal Expert)	Yes
10.	Prof. Anju Suri	Member (Social Scientist)	Yes
11.	Dr. S K Arya	Member (clinician)	No
12.	Dr. Deepak Kumar Gupta	Member Secretary	Yes

It is clearly understood that the project will be conducted strictly in accordance with the submitted proposal and granted ethics approval. The PUIEC should be informed about any amendments made to the proposal and investigator/s should; seek approval for amendments before implementing such changes, provide a 'progress report' for every year of approval, provide a 'final report' when the project is complete, advise in writing if the project has been discontinued and advise immediately of any complaints or other issues in relation to the project which may warrant review of the ethical approval of the project.

It is hereby confirmed that neither you nor any of the study team members had participated in the decision making procedures of the committee.

Sincerely yours

Dr. Deepak Kumar Gupta  
Convener

