

DECLARATION BY THE CANDIDATE

I, KAMLI PRAKASH, declare that the thesis entitled “**Study to assess the effectiveness of Yoga on Stress Level and Quality of Life of breast cancer patients undergoing Chemotherapy**” is my own work conducted under the supervision of Dr. Sunil Saini Supervisor at Cancer Research Institute, Swami Rama Himalayan University, Dehradun, Department of Nursing approved by D.R.C.

I further declare that to the best of my knowledge the thesis does not contain any part of any work which has been submitted for the award of any degree either in this University or in any other University/ Deemed University without proper citation.

Besides this:

I have successfully completed the Course work of one semester as per UGC-Regulation 2016 norms.

I have also given a pre-Ph.D presentation and successfully incorporated the changes suggested on the basis of feedback and comments received.

I have also published one research paper in a journal from the research work of the thesis and presented two papers in conferences and have produced an evidence of the same in the form of acceptance letter / or the reprint.

Signature

Name of candidate

Kamli Prakash

CERTIFICATE

This is to certify that Kamli Prakash in the department of Nursing of this University has fulfilled the requirements prescribed for the Ph.D. degree of the Swami Rama Himalayan University, Dehradun.

The thesis entitled, “**Study to assess the effectiveness of Yoga on Stress Level and Quality of Life of breast cancer patients undergoing Chemotherapy**” was carried out under my direct supervision. No part of the thesis was submitted for the award of any degree or diploma prior to this date.

Clearance was obtained from the Institutional Ethics Committee for carrying out the study

Signature

Name of Supervisor

Dr. Sunil Saini

VIVA- VOCE OF Ph.D. STUDENT

**“STUDY TO ASSESS THE EFFECTIVENESS OF YOGA
ON STRESS LEVEL AND QUALITY OF LIFE OF
BREAST CANCER PATIENTS UNDERGOING
CHEMOTHERAPY”**

Submitted by

Kamli Prakash

For the degree of

Doctor of Philosophy in faculty of

Nursing

Is evaluated and approved by

SUPERVISOR

DR. SUNIL SAINI

EXAMINER