

JUSTIFICATION LETTER

Applicant Name - Aasheesh Kumar (PhD Scholar)

Supervisor Name - Dr. Renu Bhatia, Professor, Physiology, AIIMS, New Delhi

Dear Sir/Mam,

We would like to apply for the **Sun Pharma Science Scholar Award 2024**.

Fibromyalgia is an idiopathic chronic pain syndrome affecting 1-2% of the global population; predominantly females. Besides musculoskeletal pain at tender points; other symptoms include cognitive impairment, sleep disturbances, memory loss, anxiety and depression. Patients have to completely rely on medications, which temporarily reduce symptoms; as there is no permanent cure. Disease is controversial in itself as its pathophysiology is unknown and has several hypotheses for the same. Global burden increases day by day as it progresses throughout the patients' life and so there is a need of the hour to have an effective treatment strategy; whether it is therapeutic or lifestyle intervention. Yoga is a non-invasive lifestyle intervention which can be adopted in day-to-day life with no side effects at null cost.

In the present study entitled 'Attempting Symptomatic Alleviation by Medical Yoga Therapy in Fibromyalgia Patients' conducted at Department of Physiology, AIIMS, New Delhi, we have explored the efficacy of regular and supervised medical yoga therapy (under supervision of medical experts) on the fibromyalgia pain and movement disability of the patients.

Abstract for the same has also been accepted for presentation in the 16th World Congress of the International Neuromodulation Society held in Vancouver, Canada (11-16 May 2024). and more or less similar and much elaborate work will be physically presented in Asia-Pacific League of Rheumatologists held in Suntec, Singapore on 24th August 2024, which will be the largest international congress in the field focusing entirely on rheumatic pain; based treatment and their management.

We think this study will strengthen the current research studies on chronic pain, specifically fibromyalgia.

Kindly consider our application for the award.

No Objection Certificate from Authors

I/We hereby certify as author(s) that:

- i. I/We agree that the abstract is the part of PhD thesis work of **Mr. AASHEESH KUMAR** (PhD Student in Department of Physiology, AIIMS New Delhi).
- ii. I/We have **NO OBJECTION** in oral presentation of the abstract entitled '*Attempting symptomatic alleviation by sensorimotor improvement through medical yoga therapy in fibromyalgia*' at 26th h Asia-Pacific League of Associations for Rheumatology Congress (APLAR 2024), being held at Suntec Singapore, Convention & Exhibition Centre, Singapore between 21-25 August 2024 him as first author.
- iii. I/We agree and recommend for International Travel Support, if needed.

Signature of the:

a) Corresponding Author


 **डॉ. रेनु भाटिया / Dr. Renu Bhatia**
आचार्य / Professor
भौतिक चिकित्सा विभाग / Department of Physiology
अखिल भारतीय आयुर्विज्ञान संस्थान, नई दिल्ली / A.I.I.M.S., New Delhi-110029

b) Co-Author(s)


 **डॉ. श्रीकुमार वेंकटरामन / Dr. Sri Kumar Vankutaraman**
अपर आचार्य / Additional Professor
भौतिक चिकित्सा एवं पुनर्वास विभाग
Deptt. of Physical Medicine & Rehabilitation
अखिल भारतीय आयुर्विज्ञान संस्थान, नई दिल्ली / A.I.I.M.S., New Delhi
DMC Reg. No. 44427


 **डॉ. एम. ए. खान / Dr. M. A. Khan**
आचार्य एवं विभागाध्यक्ष / Professor & Head
जैव सांख्यिकी विभाग / Department of Biostatistics
अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स)
All India Institute of Medical Sciences (AIIMS)
नई दिल्ली-110029 / New Delhi-110029


 **डॉ. राज कुमार यादव, एम.डी.**
Dr. Raj Kumar Yadav, M.D.
आचार्य (फिजियोलॉजी)
Professor (Physiology)
अ.भा.आ.सं. / A.I.I.M.S.
नई दिल्ली / New Delhi-110029


 **डॉ. आकांक्षा सिंह / Dr. Akanksha Singh**
अपर आचार्य / Additional Professor
भौतिक चिकित्सा विभाग / Deptt. of Physiology
अखिल भारतीय आयुर्विज्ञान संस्थान
All India Institute of Medical Sciences
नई दिल्ली-110029 / New Delhi-110029


 **डॉ. उमा कुमार**
Dr. UMA KUMAR
आचार्य एवं विभागाध्यक्ष / Professor & Head
संधिवातीयशास्त्र विभाग / Dept. of Rheumatology
अ.भा.आ.सं., नई दिल्ली-११००२९ / A.I.I.M.S., New Delhi-110029