VISTAS SPS IEC

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

Minutes of Meeting

Institutional Ethical Committee (IEC) meeting held on 25.11.2024 and 26.11.2024 in Pharmacy Conference Hall, Fleming Block, Vels Institute of Science Technology and Advanced Studies, Pallavaram, Chennai-600117, Tamil Nadu from 9.30 AM onwards for two days.

Members Present

1. Dr. Melvin George - Chairperson
2. Dr. A. Vijayalakshmi - Member Secretary
3. Dr. A. Maduram - Medical Scientist
4. Dr. Dilshad Shaik- Legal Expert – External
5. Dr. V. Karthikeyan - Legal Expert – Internal
6. Dr. B. Prem Kumar - Scientific Member-External
7. Dr. C. Ronald Darwin - Scientific Member-Internal
8. Dr. A. Kathiresan - Scientific Member-Internal
9. Dr. R. J. Hemalatha - Scientific Member-Internal
10. Mr. Bijukumar K Gopinathan - Social Scientist
11. Mrs. Selin Semila Rani – Lay Person

Minutes and Recommendations made in the last IEC meeting

The IEC made the following recommendation

1. Prior to sending the research proposals to IEC, they should be verified and approved by the respective guide.
2. Research scholars/Students should present the proposal to IEC, along with the respective guide.
3. The progress of the research should be regularly reviewed and monitored once IEC issues a certificate to proceed with the research.

4. It was decided by the members that the modifications suggested are to be scrutinized by internal members following which they will be forwarded to the chairperson for approval and certification

Proceedings of the meeting

A total of 67 research proposals were received for ethical approval, comprising 10 proposals from Ph.D. scholars, 12 from Pharm. D students, 15 from M. Pharm students, 7 from B. Pharm students and 23 from M.Sc. Yoga.

The meeting commenced on Day 1 (25.11.2025) at 9:30 AM and 30 research proposals (Dissertation protocols) from Ph.D/M.Sc. (Yoga)/Pharm.D/B.Pharm students of VISTAS were presented followed by discussion for 10 minutes each with emphasis on suggestions and any modification if required.

On second day (26.11.2025), the meeting started at 9:30 AM and 37 research proposals (Dissertation protocols) from Ph. D/M.Sc. (Yoga)/Pharm. D/B. Pharm students of VISTAS were presented followed by discussion for 10 minutes each with emphasis on suggestions and any modification if required.

Each proposal was carefully examined with respect to its scientific validity, ethical considerations, risk–benefit assessment, informed consent procedures, confidentiality, and the safety and protection of research participants**.** Four candidates from M.Sc. Yoga Programme were absent during the meeting. One proposal from Ph.D programme (Yoga) was recommended for resubmission due to lack of adequate literature review and required data.

After detailed deliberation, a total of 62 proposals were approved by the committee, subject to adherence to the ethical guidelines and conditions stipulated by the committee.

The following protocols were approved by the IEC members after incorporating necessary corrections and modifications suggested by the committee members for certain proposals.

S.No	Name of the Principal Investigator	Programme	Title	Remarks
1	K. Kanagasurya	Ph.D	Real Time Identification and Management of Workplace Stressors in Submersibles using Physiological and Behavioral Measures	Conditionally Approved
2	A.Ramya	Ph.D	Evaluation of Alpha Blockers in the Management and Prevention of Recurrent Renal Calculi: A Clinical Study	Conditionally Approved

3	Dheenadhayalan M	Ph.D	Evaluation of the efficacy of Transcranial Direct Current Stimulation therapy (tDCS) as an Adjunct therapy with Contemporary therapies for Alzheimer's Disease Patients - A Prospective Study	Conditionally Approved
4	J. Priyanga	Ph.D	Evaluation of Alpha Blockers in the Management and Prevention of Recurrent Renal Calculi: A Clinical Study	Approved
5	Sarath Kumar	M. Pharm	Prospective analysis on Nicorandil for Vasodilation in Angina Patients	Approved
6	Saravanan. S	M. Pharm	Efficacy of Dapagliflozin Versus Empagliflozin on glycemic control and cardiovascular outcomes in patients with Type 2 Diabetes Mellitus	Conditionally Approved
7	G. Vedhanayagi	M. Pharm	Evaluating the therapeutic outcomes of Angiotensin II receptor blockers in chronic kidney failure patients	Conditionally Approved
8	Laya Shree. S	M. Pharm	Prospective Evaluation of the Cardio Protective Effective of Semaglutide in Type II Diabetes Patients with Established Heart Disease : Assessing its role in Reducing Atherosclerotic risk and Improving Cardio Metabolic Outcomes	Approved
9	S. Ahmedullah Aishwarya Saikumar M.Sughesh	Pharm.D	A Prospective Comparative Study of Semaglutide and Tirzepatide on Metabolic Dysfunction Associated Steatotic Liver Disease Using Non-Invasive Liver Indices	Conditionally Approved
10	Ajay Kumar. R Annamalai. R Arunkumar. P	Pharm.D	Cefoperazone-Sulbactam Associated Coagulopathy in ICU Patients: Incidence and Impact on Clinical Outcomes	Approved

11	Sheshank Srinivas. J.K. Kaviya Sree. R Madhan Babu. M	Pharm.D	Silent Signals: Multi-Systemic Consequences of Amiodarone in Cardiovascular Patients - A Prospective Clinical Profiling Study	Conditionally Approved
12	Mageshwaran. M Mirdhula. R Mohammed Ishaq. I	Pharm D	A Prospective Repurposing Study of Citicoline in Patients with Open Angle Glaucoma	Approved
13	Nalinishri.R.S Pothysraja.V Prabakaran. A	Pharm.D	A Comparative Evaluation of Tolperisone-Diclofenac and Diazepam + Diclofenac in the Management of Acute Lumbosacral Sprain.	Conditionally Approved
14	Salman Ansari. S Shalini. M.A. Shyaam Kumar. S	Pharm.D	A Prospective and Comparative Evaluation of Inhaled Ipratropium Bromide - Levosalbutamol Combination versus Inhaled Salbutamol Plus Corticosteroid Therapy on Clinical Outcomes and Quality of Life In COPD Patients	Conditionally Approved
15	Sujith. D Swetha. J Vikramdhana. D Logeshtharan. D	Pharm.D	Comparative Efficacy of Gabapentin-Nortriptyline and Pregabalin-Methylcobalamin in Combination with Shortwave Diathermy in the Management of Lunbar Radiculopathy	Conditionally Approved
16	Bharath .V Bhavani Shree. M Gopinath. T	Pharm D - PB	A Prospective Validation and Comparison of the Indian Cognitive Scale (INDICOG Scale) with the Mini-Mental State Examination (MMSE) in Dementia Patients receiving Drug Therapy	Conditionally Approved
17	John Peter. S Sowmiya. S Srimathi. R	Pharm D - PB	Assessment of Stress, Anxiety and Sleep Disturbances in patients with Type 2 Diabetes Mellitus and their Relationship with Glycemic Control - A Cross Sectional Study in the General Medicine Department	Approved

18	Arun Thanagaraja. S, Gokulnath. B.J Yuvaraj.R, Aseel Sami Abdelwahab	B.Pharm	Evaluation of Prophylactic Antibiotic Use in Surgical Procedures	Conditionally Approved
19	Sreenath. S	M.Sc	Effect of Yoga-Based Lifestyle Intervention on Postural and Musculoskeletal Health among College Students Carrying Backpacks	Conditionally Approved
20	Umamageswari. M	M.Sc	Correlation Between Balancing Asana Practice and Cognitive Performance in School Children	Conditionally Approved
21	Vivek. N. L	M.Sc	A Comparative Study of Yogic Practices on Flexibility and Stability in Performing Advanced Asanas among School Boys and Girls	Approved
22	Ramthilak. M	M.Sc	Influence of Yogic Practice on Mathematical Skill and Physical Fitness among School Children	Conditionally Approved
23	Deepa Hari	Ph.D	Effects of Yoga Therapy on Cardiorespiratory Fitness and Biochemical Profiles in Sedentary Working Professionals	Conditionally Approved
24	Arunadevi Santhiveeran	Ph.D	Influence of a Functional Yoga Therapy on Selected Biochemical andIinflammatory Markers in adults with Primary Hypertension	Conditionally Approved
25	Rajalekshmi. B.	Ph.D	Effect of Therapeutic yoga practices on Pulmonary function and clinical outcomes in young adults with Asthma	Conditionally Approved
26	Aswini. K, Danush. M Jaleel Ashraf. M.I	Pharm.D	Comparative Clinical Study on Efficacy And Safety of Tamsulosin and Silodosin in Management of Benign Prostatic Hyperplasia	Conditionally Approved
27	Premalatha Devanathan, Rajamahalakshmi. M ,	Pharm.D	A Prospective Comparative Evaluation of Metronidazole-Doxycycline Therapy With and Without Probiotic	Conditionally Approved

	Hariharan. R.B.		Supplementation on Clinical Outcomes in Bacterial Vaginosis	
28	Sushmitha.K Yugitha. S, Vasanth.S,Shyam. S	Pharm D (PB)	Non-albicans Candida infections in Patients on reserved antibiotic therapy: Incidence, Risk Predictors, and Clinical outcomes	Conditionally Approved
29	Adithya Sathyan. P S	M. Pharm	Study of antibiotic prescribing patterns in a Tertiary care hospital	Conditionally Approved
30	Hariharasudan. B	M. Pharm	Prospective Study on the Use of Metoprolol in Post-Myocardial Infarction Patients	Conditionally Approved
31	Hemaprasath. M	M. Pharm	Efficacy and Safety of Sacubitril/ Valsartan Compared with Enalapril in Patients with Chronic Heart Failure and Reduced Ejection Fration	Conditionally Approved
32	Jeevarathinam. M	M. Pharm	Comparsion of Ivarbradine versus Ranolazine Controlling Symptoms Chronic Stable Angina	Conditionally Approved
33	R.Najma	M. Pharm	Cost effective analysis of incorporating frailty assessment into preoperative evaluation for elderly CABG patient	Conditionally Approved
34	Sanjay. R	M. Pharm	Evaluation of Treatment outcome Evaluation of Metoprolol and Bisoprolol in Type II Diabetes Mellitus with Hypertention	Conditionally Approved
35	Madhavan. P	M. Pharm	Treatment outcome Evaluation of Furosemide and Torsemide in Heart Failure Patients	Conditionally Approved
36	Preethi. S	M. Pharm	Evaluation of anti-platelet drugs (aspirin and clopidogrel) in treating coronary artery disease	Approved
37	Seshadri. B	M. Pharm	An Effect of HMG-COA reductase inhibitors on cardiovascular outcomes following coronary artery bypass grafting (CABG)	Conditionally Approved
38	Teja. M , Mohammed Anas. M , Premkumar. D	B.Pharm	A Study on Impact of Pharmacist Interventions on Medication Adherence and Quality of Life In Hypertensive Patients	Conditionally Approved

39	Manisha H, Shafeel Ahamed S, Abhirami B	B.Pharm	Patient Adherence and Safety Profiles of Anticonvulsant in Bipolar Disorder : A Mixed-Methods Study and Comparison of Carbamazepine vs. Sodium Valproate	Conditionally Approved
40	Lalitha. K, Wesly Jabakumar.S	B.Pharm	Evaluation of Current Advances in Antimicrobial Therapies and Emerging Treatments for Diabetic Foot Ulcers: A Prospective Observational Study	Approved
41	Abinaya. A. R	M.Sc	Effect of Asana and Pranayama Practices on Pain level Strength and Mobility among Adults with Knee Pain	Conditionally Approved
42	Bhuvaneswari. V	M.Sc	A Comparative Study on the Effects of Yogasanas and Yoga Nidra on Cognitive Function and Memory among Adolescents.	Conditionally Approved
43	Dillibabu. P	M.Sc	A Comparative Study on the Effect of Asana Practices and Dynamic Exercises on Trunk Flexibility Among Adults	Approved
44	Hari Narayanan. S	M.Sc	Impact of Yoga Practice on Cognitive Emotional and Physical Parameters among B.Ed. Students	Approved
45	Lakshmi. R	M.Sc	Impact of Yogic Practices on back pain among middle aged women	Conditionally Approved
46	Manikandan. V	M.Sc	Impact of Bhramari Pranayama on Physiological Arousal and Relaxation Response among Office Employees	Conditionally Approved
47	Nirmaladevi. J	M.Sc	A Comparative Study on the Effect of Asanas With and Without Props on Flexibility Levels Among IT Professionals	Approved
48	Oruganti Rama	M.Sc	Efficacy of Yoga Practices on Core Strength and Anxiety Levels Among Middle-Aged Women	Approved

49	Poornima. K	M.Sc	A Comparative Analysis of Yoga Therapy and Physiotherapy on Pain Intensity and Cervical Range of Motion in Computer Professionals with Chronic Nonspecific Neck Pain	Conditionally Approved
50	Sakthivel. G	M.Sc	Comparative Effects of Yogic Practices on Balance Strength and Agility in Pre-adolescent Boys with Normal-weight and Obese Groups	Conditionally Approved
51	Satendra Kumar Chouhan	M.Sc	Effect of Yoga Practice on Pain and Flexibility among Individuals with Cervical Pain	Approved
52	Sathish Kumar. C	M.Sc	A Study on the Impact of Yoga Practices on Stability and Mobility in Senior Citizens	Conditionally Approved
53	Sree Ranjani. P. R	M.Sc	Effect of Nadi Shodhana Pranayama on Sleep Parameters (Actigraphy) and Reaction Time (PVT) among Young Adults	Approved
54	Subhash. N. C	M.Sc	A Comparative Study on the Effects of Asana and Pranayama Practices and Yoga Nidra on Blood Glucose Levels among Middle-Aged Women with Type 2 Diabetes Mellitus	Conditionally Approved
55	Tharunika. K	M.Sc	Effect of Yoga Therapy on Flexibility and Physiological Variables among School Teachers	Conditionally Approved
56	Subhasri.S Deepika.S Naziya Fathima.Z	B.Pharm	A prospective study on comparative Efficacy of First-Line Versus Alternative Antiemetic Agents in the Prevention and Management of Chemotherapy-Induced Nausea and Vomiting	Conditionally Approved
57	Senthilkumar. K	Ph.D	Self-Preserving Cosmeceuticals: Synergistic Antimicrobial Strategies for Safer Skincare	Approved
58	Bala Niteesh kumar Sanjay. S Akash. R	B.Pharm	Drugs evaluation and utilization of antibiotics in hospitalized patients	Approved

59	M.Fasira sherin R.Jayashree Vinayagam	B.Pharm	To compare clinical characteristics and treatment outcomes between patients diagnosed with schizophrenia and those diagnosed with depression.	Conditionally Approved
60	Vinothkumar. R	M.Sc	Biomechanical Analysis of Yoga Practices on Flexibility and Lumbar Function in Low Back Pain	Approved
61	Akash Kumar. V.S	M. Pharm	Comparative evaluation of Treatment outcomes of Amlodipine and Nifedipine in patients with stable angina and Hypertension in a tertiary care hospital	Conditionally Approved
62	Koushik Kumaran. E.P	M. Pharm	Prospective Study on the Effect of Torsemide on Glomerular Filtration Rate (GFR) and Renal Outcomes	Conditionally Approved

A Vijayalakshmi

Dr. A. Vijayalakshmi
(Member Secretary)

VELS UNIVERSITY VISTAS SPS IEC CHENNAI

Dr. Melvin George
(Chairperson)

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Copy to

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