

$$\mathcal{L}_{\text{Yuk}} \supset - Y_{ij} \bar{L}_i \tilde{H} \nu_{Rj} \rightarrow \mathcal{L}_{\text{Dirac}} \supset m_\nu \bar{\nu}_L \nu_R, \quad m_\nu \sim y_\nu v_{\text{EW}}$$