



MEENAKSHI

ACADEMY OF HIGHER EDUCATION & RESEARCH

DEEMED TO BE UNIVERSITY U/S 3 OF UGC ACT, 1956



FACULTY OF NURSING

NOTIFICATION

Ph.D Public Viva-Voce Examination

In accordance with the Ph.D regulations of
Meenakshi Academy of Higher Education & Research
(Deemed to be University), West K.K. Nagar, Chennai-78
and COE Communication letter Ref No: MAHER/COE-159/025 dt 21-08-2025

KANDASAMY VIJAY ANANTH (Reg. No. 4419002)
will defend his Thesis in Public Viva-Voce Examination.

Title of the Thesis

**EFFECTIVENESS OF HEARTFULNESS MEDITATION ON STRESS,
ANXIETY, DEPRESSION AND QUALITY OF LIFE AMONG
ELDERLY PEOPLE LIVING IN SELECTED
OLD AGE HOMES IN CHENNAI**

Date: 29th August, 2025 Friday Time: 11.00 A.M

**Venue: Ph.D. Viva-Voce Hall, Research Wing, 3rd Floor, Admin Block,
Meenakshi Academy of Higher Education & Research
(Deemed to be University), West K. K. Nagar, Chennai-78.**

Google Meet Link to Join Viva-Voce Online - <https://meet.google.com/oai-ifsjw-gt>

In accordance with PhD regulations page 14, Para7 of MAHER,
a copy of the thesis has been made available in the Library of
Meenakshi Academy of Higher Education & Research
(Deemed to be University), West K. K. Nagar, Chennai-78.

You are cordially invited to attend the Public Viva-Voce Examination
and participate in the discussion.

SUPERVISOR

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