



# MEENAKSHI

**ACADEMY OF HIGHER EDUCATION & RESEARCH**

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

## FACULTY OF YOGA SCIENCES AND THERAPY

### NOTIFICATION

Ph.D - Public Viva – Voce Examination

In accordance with the Ph.D regulations of Meenakshi Academy of Higher Education & Research (Declared as Deemed to be University), Chennai and COE Communication letter Ref No: MAHER/COE – 166/2025, Dated 15.09.2025

**INDULEKHA K K Reg No: 6620033**

will defend her thesis in Public Viva-Voce Examination

Title of the thesis

**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT NIRGUNA  
CHANTING ON SELECTED RISK FACTORS AMONG  
AGED INSOMNIAC WOMEN**

Date:22/09/2025

MONDAY

Time:11:00 AM

**Venue: Meenakshi Academy of Higher Education and Research, (MAHER)  
(Deemed to be University), West K.K. Nagar, Chennai-78**

**Google meet link to join: <https://meet.google.com/hvk-fvzf-gzi>**

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 (Declared as Deemed to be University), Chennai.

You are cordially invited to attend the Viva – Voce Examination and Participate in the discussion.

#### SUPERVISOR

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#### EXTERNAL GUIDE

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