



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 RefNo: MAHER/COE – 166/2025, Dated 08.09.2025

SUNIL KUMAR POYIL Reg No: 6620037

will defend his thesis in Public Viva-Voce Examination

Title of the thesis

**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT PILATES
TRAINING ON SELECTED PARAMETERS AMONG STRESS OF
MIDDLE –AGED POLICE PERSONNEL IN KERALA POLICE ACADEMY**

Date:19/09/2025

FRIDAY

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/dsf-coou-rgb>

In accordance with PhD regulations page 14, Para 7, 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 & GUIDE

Dr. Ganthimathy Sekar

Professor & HOD

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Meenakshi Animal Dental

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EXTERNAL GUIDE

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