



# MEENAKSHI

ACADEMY OF HIGHER EDUCATION & RESEARCH

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

## FACULTY OF YOGA SCIENCE AND THERAPY

### 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), Chennai and COE

Communication letter Ref No: MAHER/COE –189/025 Dated 30.09.2025

#### **DEEPIKA.S (Reg No:6621004)**

will defend her thesis in Public Viva-Voce Examination

Title of the thesis

#### **EFFICACY OF YOGA AND REFLEXOLOGY ON PRIMARY DYSMENORRHEA AMONG ADOLESCENT GIRLS**

Date: 09.10.2025 -Thursday

Time:11:00 am

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

Google meet link to Join: <https://meet.google.com/ahj-pcjd-gah>

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

#### **SUPERVISOR**

**Dr.S.MURUGESAN,**  
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#### **EXTERNAL EXAMINER**

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