



# 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  
(Declared as Deemed to be University), Chennai-78  
and COE Communication letter Ref No: MAHER/COE – 013/2022,

**V.SUMITHA (Reg.No: 6621014)**

will defend her thesis in Public Viva-Voce Examination

Title of the thesis

IMPACT OF STRUCTURED YOGIC PRACTICES ON DELIVERY RELATED  
OUTCOMES PHYSIOLOGICAL DISCOMFORTS AND POST NATAL DEPRESSION  
AMONG PRIMIPAROUS MOTHERS

Date: 10/10/2025 – Friday

Time: 11:00 am

**Venue:** Ph.D. Viva-Voce Hall, Research Wing, 3<sup>rd</sup> Floor, Admin Block,  
Meenakshi Academy of Higher Education & Research  
(Declared as Deemed to be University), Chennai-78

Google meet link to join Viva Voce Online – <https://meet.google.com/bnh-rfiw-kit>

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 EXAMINER:

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