



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
and COE Communication letter Ref No: MAHER/COE – 237/025,

PARVATHY S (Reg. No: 6620043)

will defend her thesis in Public Viva-Voce Examination

Title of the thesis

**EFFECT OF SIMPLIFIED KUNDALINI YOGA WITH AND WITHOUT
SATTVIC FOOD ON SELECTED RISK FACTORS AMONG
SMART PHONE ADDICTED ADOLESCENT BOYS**

Date : 13/11/2025

THURSDAY

Time : 11.00 am

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

Google meet link to join : <https://meet.google.com/cik-kcmh-vmg>

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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