



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 – 013/2022

MUTHUKRISHNAN.S

(Reg.no:6621006)

Will defend his thesis in Public Viva-Voce Examination

**EFFECT OF CLASSICAL YOGA THERAPY AND NATUROPATHY SUPPLEMENTARY
FOOD IN DECREASING CORTISOL LEVEL AMONG ADULTS WITH INSOMNIA**

Date: 04/12/2025 – Thursday

Time: 11.00 am

Venue:

Ph.D. Viva-Voce Hall, Research Wing. 3rd Floor, Admin Block, Meenakshi Academy of Higher Education and Research (Deemed to be University) Chennai – 78

Google Meet Link - <https://meet.google.com/fev-ugmq-thi>

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 & GUIDE

Dr. K.V. RAJASEKHAR
Professor & Dean,
MMCHRI
Raasi Nagar, Karrapettai
Post, Enathur, Meenakshi
Nagar, Tamil Nadu 631552

INTERNAL GUIDE

Dr. MRS.S. SELVALAKSHMI
Associate Professor,
Department Of Yoga,
TNPESU
Melakottaiyur, Chennai, Tamil
Nadu 600127

EXTERNAL EXAMINER

Dr. A. MAHABOOBAN,
Professor,
Department of Physical
Education, Bharathidasan
University,
Tiruchirappalli.