



# MEENAKSHI

ACADEMY OF HIGHER EDUCATION & RESEARCH  
(Declared as Deemed to be University Under Section 3 of the UGC Act 1956)

## FACULTY OF NURSING

### NOTIFICATION

Ph.D Online Public Viva-Voce Examination

In accordance with the PhD regulations of Meenakshi Academy of Higher Education & Research (Deemed to be University), West K.K Nagar, Chennai-78 & COE Communication Letter Ref.No. MAHER/COE -269/025

dt 10.12.2025

Mrs. SHEEJA E (Reg No. : 4419001)

Will defend her thesis in the online Public Viva - Voce Examination.

Title of the Thesis

EFFECTIVENESS OF SELECTED RELAXATION TECHNIQUE

ON REDUCTION OF STRESS, ANXIETY AND DEPRESSION AMONG ELDERLY RESIDING IN

SELECTED OLD AGE HOMES AT TVM DISTRICT KERALA

Date : 10/12/25

Wednesday

Time : 11.00AM

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 VivaVoce Online – <https://meet.google.com/aam-qnxb-ckm>

In accordance with the 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 (Deemed to be University), West K.K Nagar, Chennai-78.

You are cordially invited to attend the Online Public Viva-Voce Examination and participate in the discussion.

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