



S-VYASA

(Swami Vivekananda Yoga Anusandhana Samsthana)
Deemed to be University u/s 3 of UGC Act, 1956

**NAAC
GRADE A+**
ACCREDITED UNIVERSITY

SVYASA/COE/Ph.D Viva/2026-27/06

Date: 31st August, 2026

Notification

Sub: Open -defense and Viva-voce examination on **10.09.2026**

It is hereby notified that the Open Defense and Viva-Voce Examination of Ph.D. Scholar **Ms. Swathi Iyer** for her thesis entitled ***"Influence of Time of Tele-Yoga Practice on Quality of Life, Quality of Sleep, Lifestyle Behaviours and Psychological Health Among Young Adults: A Randomized Controlled Study"***, carried out under the guidance of Dr. Raghavendra Bhat, Dr. Hemant Bhargav and Division of Yoga and Life Science, is scheduled on **10.09.2026, 2:30 PM** in online mode.




Controller of Examinations

To:

- 1) Dr. Raghavendra Bhat, Research Supervisor
- 2) Dr. Hemant Bhargav, Co- Research Supervisor
- 3) Dr. Manmath Manohar Gharote, Director, Lonavala Yoga Institute Examiner (National)
- 4) Dr Laura Tolbanos Roche, Department of Clinical Psychology, Psychobiology and Methodology, Faculty of Health Sciences, University of La Laguna, Examiner (International)

Copy to:

- 1) Chancellor
- 2) Vice Chancellor
- 3) PRO Vice Chancellor
- 4) Registrar
- 5) Deputy Director - Doctoral studies
- 6) Dean of Academics
- 7) Dean, Division of Yoga and Life Science
- 8) Finance Officer
- 9) COE Office file