



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhana Samsthana

Deemed to be University u/s 3 of the UGC Act, 1956

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SVYASA/COE/Ph.D/Viva/13/2025-26

Date: 19.12.2025

## Notification

**Sub:** Open -defense and Viva-voce examination on **23.12.2025**

It is hereby notified that the open-defense and viva-voce examination of Ph.D. Scholar **Sabastian Baabu** for his thesis entitled "**Effect of A Yogic Relaxation Techniques on Post Training Fatigue Among Police Trainees: A Randomized Controlled Study**" worked under the guidance of Dr. Vikas Rawat & Dr. Ramesh M N in the Division of Yoga and Humanities is scheduled to be held on **23.12.2025** at **02.30 PM(IST)** in **online mode**.

By Order of Hon'ble Vice - Chancellor

Dr. Mohan Kishore D  
Deputy Controller of Examinations

**To:**

- 1) Ph.D. Course coordinator
- 2) Dr. Vikas Rawat, Research Supervisor
- 3) Dr. Ramesh M N, Co-Research Supervisor
- 4) Prof. M. Jayaraman, Dean of Academics
- 5) Prof. Jaiprakash Sharma, National Reviewer
- 6) Dr. Rakesh Tomar, International Reviewer

**Copy to:**

- 1) PS to Chancellor/Pro-Chancellor/Vice Chancellor/Pro Vice Chancellor/Registrar/  
Deputy Registrar/Finance Officer
- 2) Dean of Academics/Dean Division of Yoga and Humanities
- 3) Office Copy