



**PONDICHERRY UNIVERSITY**  
**(A Central University)**  
**DEPARTMENT OF APPLIED PSYCHOLOGY**  
**Puducherry 605014**  
**NOTIFICATION**  
**Ph.D Public Viva Voce Examination**

**Name of the Candidate** : Mr. Prajeesh P

**Title of the thesis** : Mindfulness Based Cognitive Therapy (MBCT) to alleviate depression, cognitive distortion and enhance psychological wellbeing among obese and overweight adults

**Date and Time** : 22<sup>nd</sup> August 2019 at 11.30am

**Venue** : Seminar Hall I, School of Humanities

**External Examiner** : Prof. Mahmood S Khan,  
Professor, Department of Psychology,  
Aligarh Muslim University,  
Aligarh,  
Uttar Pradesh, India

A copy of the thesis is available in the department for reference. Faculty members, research scholars and students are cordially invited to participate in the viva-voce examination.

*Dhanalakshmi D*



**Supervisor** D DHANALAKSHMI

Assistant Professor  
Department of Applied Psychology

- Copy to:**
1. PS to the Vice-Chancellor, Pondicherry University for kind information of the VC
  2. Registrar, Pondicherry University
  3. Deputy Registrar (Academics), Pondicherry University
  4. Controller of Examinations, Pondicherry University
  5. Librarian, Pondicherry University for display on the notice board
  6. Dean, School of Physical, Chemical and Applied Sciences, Pondicherry University
  7. Doctoral Committee Members, (Internal and External)- Prof. Surendra Kumar Sia, Department of Applied Psychology and Prof. Mohanty B B, Head, Department of Sociology.
  8. All Head of the Departments, Pondicherry University for circulation
  9. System Manager and Head, Computer Centre, Pondicherry University for e-circular

*Surendra Kumar Sia*  
13/8/19  
Head of the Department  
**Dr. SURENDRA KUMAR SIA**  
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