

# INTERNATIONAL DAY OF YOGA

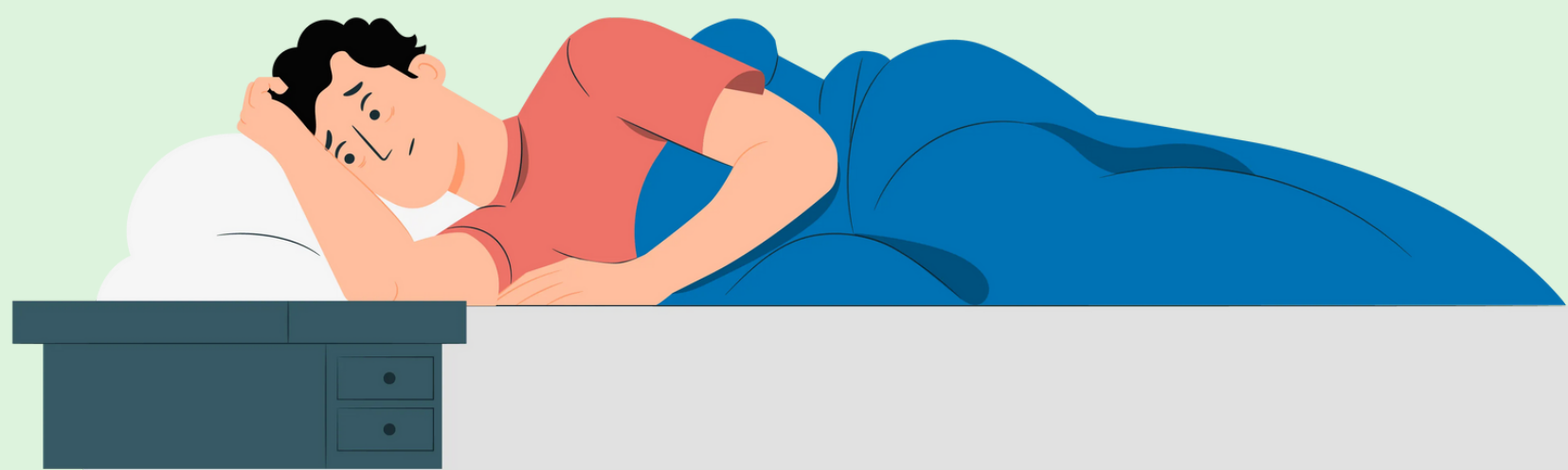
21st June 2023

## YOGA CADETS

### Yoga in coronary artery disease and quality of sleep

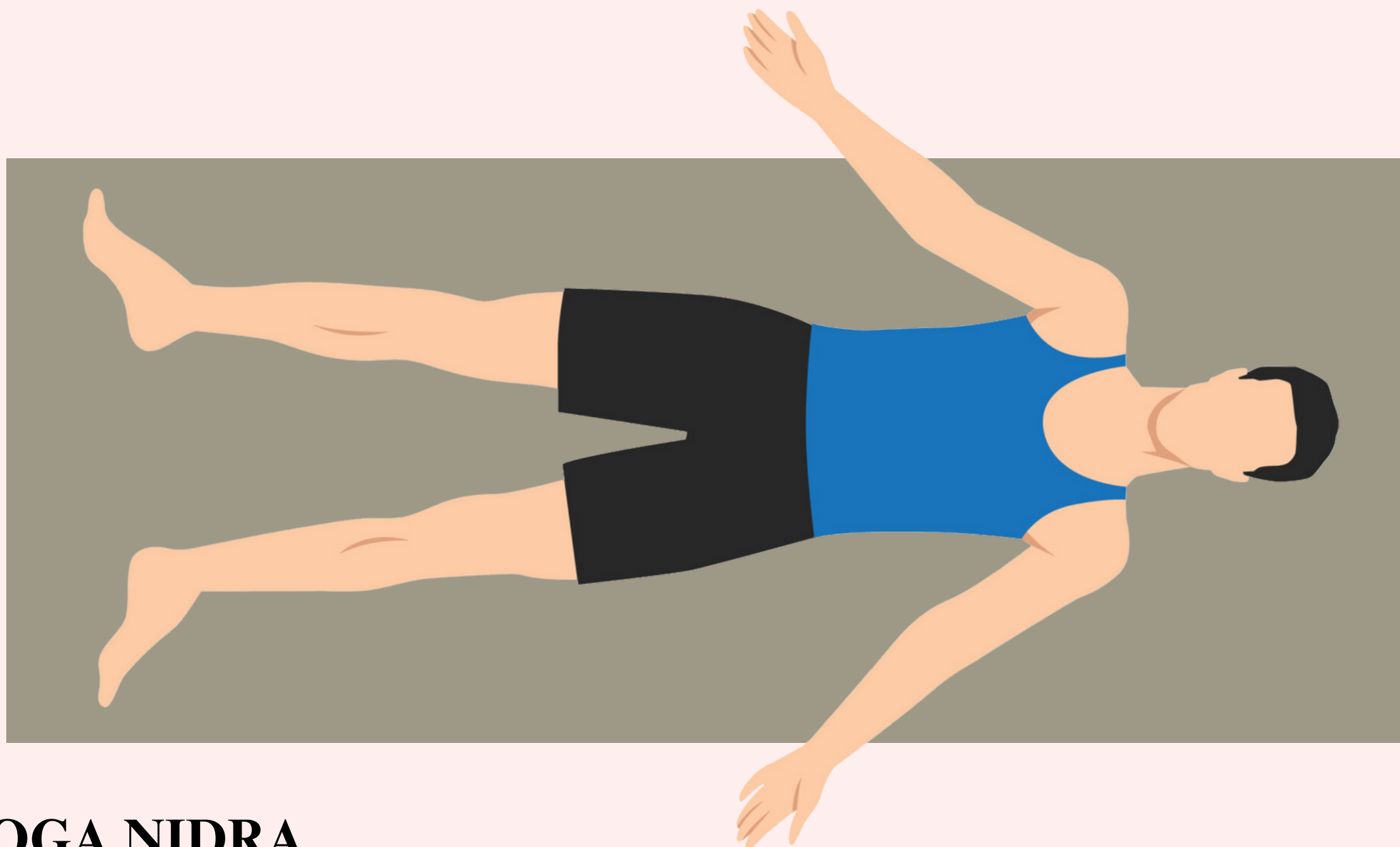
Awarded "Gandhi Award" for *Best Thesis in Cardiology* 2023

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**Poor sleep quality** is prevalent in 50-60% of people.  
Decreased sleep is a risk factor for Coronary Artery Disease (CAD).

A study is being conducted at CIMR to assess the effects of Yoga-Nidra on sleep quality of CAD patients. The initial findings demonstrate that **Yoga-Nidra** effectively improved sleep quality and healthy blood pressure profile.



## YOGA NIDRA

It is a form of guided meditation and relaxation, usually practice for around 30 minutes.