

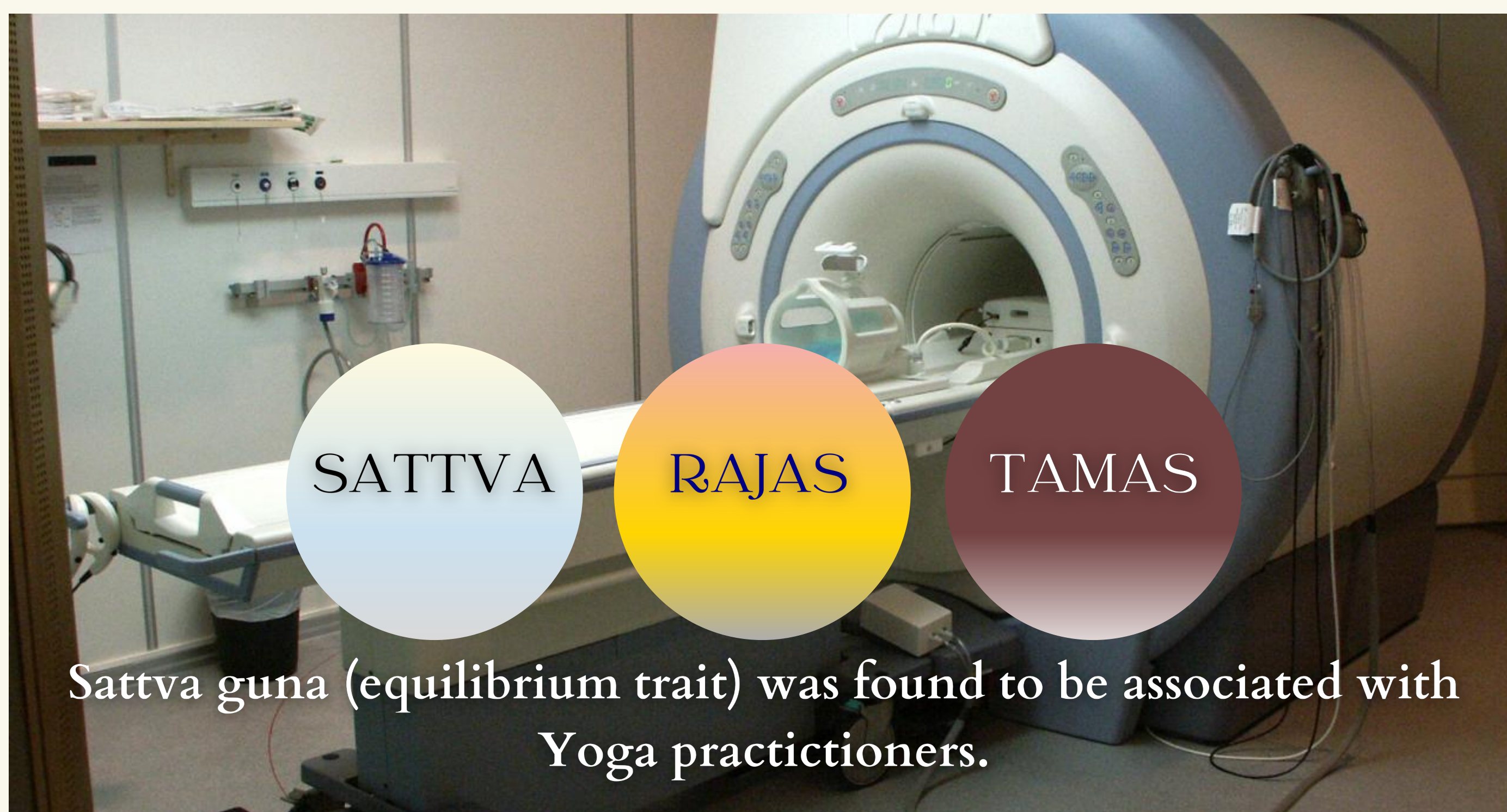
INTERNATIONAL DAY OF YOGA

21st June 2022

COUNTDOWN: **38** Days to go

Do you know?

CIMR in association with the Department of NMR & MRI facility, conducted a study which revealed that yoga practitioners preferentially recruited brain areas associated with self-regulation and inhibitory control. This suggests that Yoga fosters overall discipline that contributes to comprehensive mental and physical wellbeing.



Kaur, H., Chaudhary, S., Mohanty, S., Sharma, G., Kumaran, S. S., Ghata, N., ... & Pandey, R. M. (2022). Comparing cognition, coping skills and vedic personality of individuals practicing yoga, physical exercise or sedentary lifestyle: a cross-sectional fMRI study. *Integrative medicine research*, 11(1), 100750.