

**Center for AI in Medicine, Imaging & Forensics
Sharda School of Medical Sciences & Research
Bhartiya Sanskriti Vaishvik Kendra
Shrimath Yoga & Gi4QC Forum**



fmri
of Yoga-Nidra



Be a part of a path-breaking scientific study!!

Healthy right-handed adult volunteers (age 18-25 years) needed!

Location:

Sharda University, Knowledge Park III, Greater Noida. U.P. 201310

*Learn Yoga-Nidra, the art of waking sleep!!
Rejuvenate yourself and release mental stress!*

**Get a free globally recognized Yoga-Nidra training certificate
worth Rs. 12,000 from Shrimath Yoga, Bangalore
(Training: 9 March - 31 March 2026)**

(Training Duration : 30 min/day for 23 days, venue: Sharda University)



Free MRI scans of your brain worth Rs 25,000 at ShardaCare HealthCity

(Volunteers will undergo 2 MRI scan sessions during the study)

Contacts:

For Study Related Queries (Call or WhatsApp):

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Scan QR Code to Register!



<https://forms.gle/ND8c4T9ww1zZU4aa8>

Title of Study:

Functional MRI based study of neurocognitive effects of Indian meditation system of Yoga Nidra

Principle Investigator: Prof. Ashok Kumar

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