



**SR  
HU**

**योग विज्ञान स्कूल**

(स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई)

**School of Yoga Sciences**

(A Constituent Academic Unit of Swami Rama Himalayan University)

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Dated: - 30/07/2025

**Notice**

This is to inform you that SYS has been scheduled a seminar on the topic "Yoga Research Findings" will be held on 31<sup>st</sup> July 2025 on 10:00 a.m. onwards in Nagarjuna Hall – 1.

Attendance in this seminar is mandatory for the faculty of School of Yoga Sciences and Yoga Research Scholars.

Speaker:

1. Ms. Nisha Yadav, Research Scholar, SYS  
Topic – "Effect of Yoga on Cognitive Function"

*Suhell*  
30/7/2025

Officiating Principal  
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## Seminar Report

A seminar on the topic “**Effect of Yoga on Cognitive Function**” was organized by the **School of Yoga Sciences, Swami Rama Himalayan University**, on **31st July 2025 at 10:00 a.m.** in **Nagarjuna Hall**. The session was delivered by **Ms. Nisha Yadav**, a **Research Scholar** at the School of Yoga Sciences, in the esteemed presence of Yoga faculty, research scholars, and staff. Ms. Yadav began the seminar by introducing the concept of **cognitive function**, explaining it as a set of mental processes involved in acquiring knowledge and understanding through thought, experience, and the senses. She highlighted the importance of functions such as memory, attention, reasoning, and problem-solving in day-to-day life.

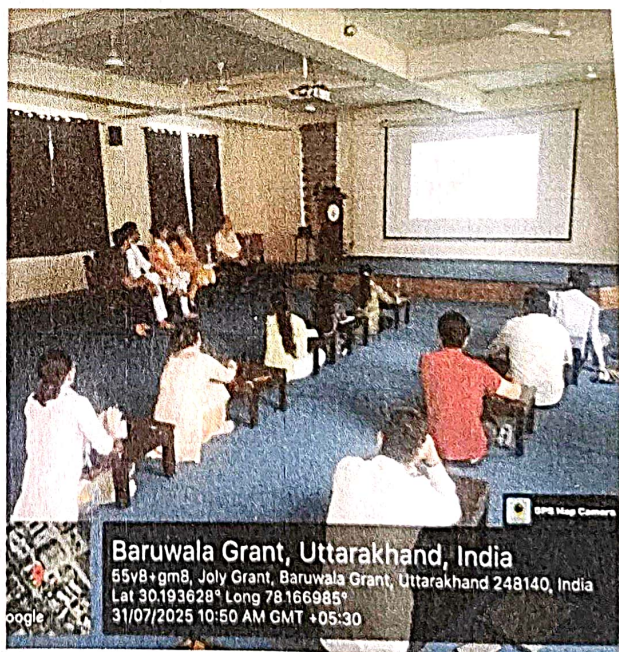
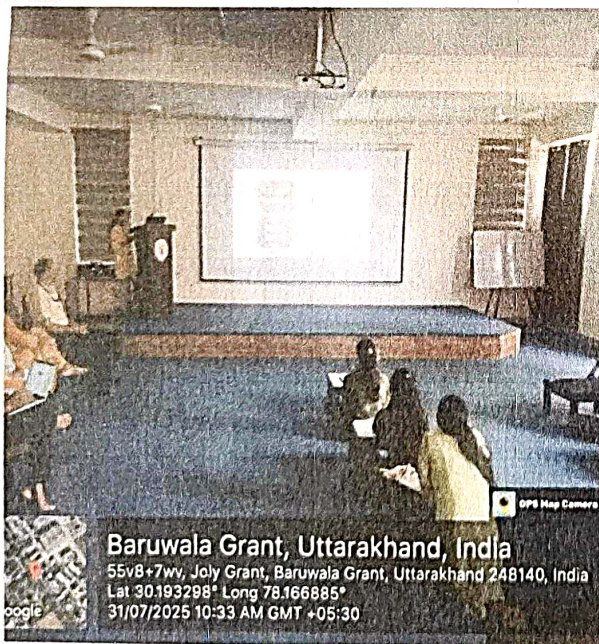
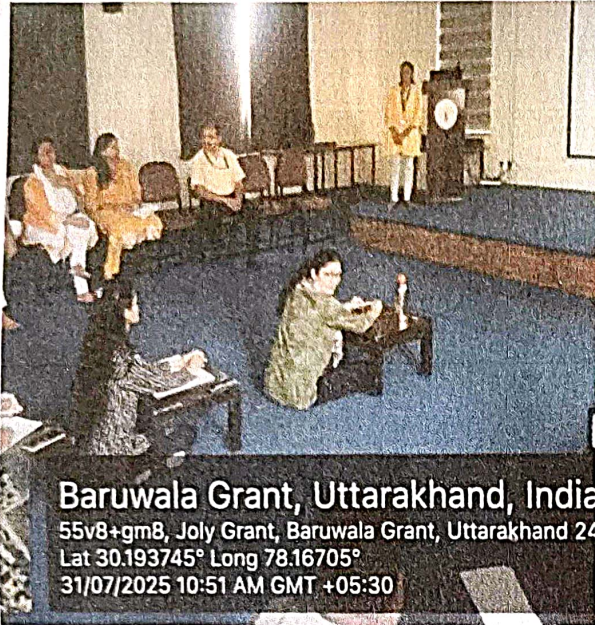
She explored the **deep connection between yoga and enhanced cognitive functioning**, presenting both scientific findings and traditional yogic perspectives. Ms. Yadav emphasized that practices like **asana (postures)**, **pranayama (breathing techniques)**, and **meditation** significantly improve concentration, mental clarity, and emotional regulation. She provided practical guidance on how to **effectively incorporate yoga into daily routines** to boost brain health and mental efficiency.

The seminar concluded with an interactive discussion, where participants had thoughtful questions and shared their own experiences related to yoga and mental health. The session was highly engaging, informative, and well-received by everyone present. It served as a reminder of the timeless relevance of yoga in enhancing the information about cognitive health and overall quality of life.

*Suhelle*  
04/08/2025

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## Photographs of the Seminar



*Suheli*  
04/08/2025

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