



THE 360

A HOLISTIC RESEARCH NEWSLETTER

Issue 04

DIRECTOR'S NOTE

We are happy to share the 4th edition of The 360: A holistic research newsletter. This month we present to you an original research article by Sri Sri Institute for Advanced Research on YLTP, a Youth Leadership Training Program. YLTP has been instrumental in bringing transformation and empowerment to lakhs of youth around the World. We are very happy to present to you the first scientific study that connects YLTP to the reduction of stress and an increase in empowerment.

We are also happy to share another original research done on dental professionals & the impact of meditation on their quality of life. If you would like to submit an original article, please connect with us at director.ssiar@artofliving.org



DOCTORS AND MEDICAL PROFESSIONALS CONFERENCE IN SURAT

Gurudev Sri Sri Ravi Shankar addressed a gathering of 700 medical professionals & doctors in Surat. Divya Kanchibhotla, Art of Living Research Executive Director also addressed the gathering.

The event emphasized the need for Allopathic & Ayurvedic science to come together to explore sustainable solutions to health challenges facing today's generation. With the advent of non-communicable diseases and mental health challenges like depression and anxiety, it is very evident that in today's world there is a great need to explore holistic ways of mind management and not just medication.

The non-communicable diseases are becoming the major cause for mortality in today's world and it is imperative that

holistic treatments allow one to handle the mind and reduce the stress to be brought forth into the light with scientific background.

Most of these holistic techniques like yoga, meditation have originated from India. In his talk, Gurudev Sri Sri Ravi Shankar emphasized that India must also take lead in producing good quality scientific research on these techniques. The event encouraged doctors and scientists to come forth to produce good quality scientific studies on Yoga and Meditation. SSIAR invites all researchers interested in this field to join us.





RESEARCH STUDY ON YOUTH LEADERSHIP TRAINING PROGRAM (YLTP)

The first Research study on YLTP and its impact on Rural Youth has been published in a high impact journal. For the published article, please click <http://www.jetir.org/papers/JETIR1812198.pdf>

India is the second most populous country in the world. With an increase in population, urbanization has also increased that's too faster than expected. However still, two-third of India's population lives in rural India. Of the 121 crore Indians, 83.3 crores live in rural areas while 37.7 crores stay in urban areas (Census of India's 2011, <http://www.censusindia.gov.in/>).

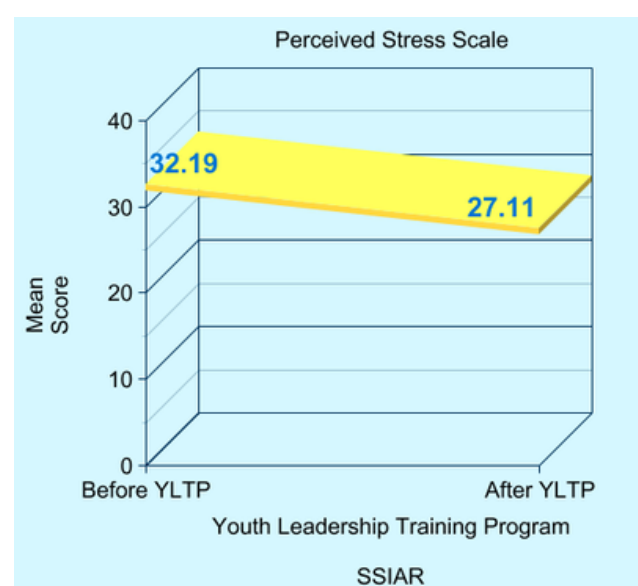
The rural Indian population is undergoing lifestyle transition due to socio-economic growth which allows rural populations to adopt urban lifestyles without migration to urban areas. In spite of all these changes happening in villages, rural areas are still plagued by problems lack of infrastructure like roads, adequate water, good educational facilities, lack of adequate employment opportunities, health care facilities, sanitation etc. this has added stress to the general life situations of rural population.

This stress often gets manifested in the form of suicides, alcohol dependency, substance abuse, violence, criminal tendencies among young people.

YLTP is a comprehensive intervention which addresses multiple issues faced by rural people, especially the younger generation.

The present study examined the impact of yoga based empowerment program YLTP on stress and mental well being of rural Indian population. Total 992 rural youths participated in this observational study.

All the participants attended 8 days Youth Leadership Training Program (YLTP) in different years and at different places and time in India. They were then invited to an YLTP retreat at the Art of Living International Center.



YLTP program consists of yoga and pranayama, stress busting techniques like Sudarshan Kriya Yoga and such processes which make a youth develop a positive attitude and makes them fairly confident to face multifaceted challenges thrown by society.

The impact of the empowerment program was observed on individual's perceived stress using Perceived Stress Scale (PSS) (Cohen, 1988). The questionnaire was administered in the YLTP retreat held in Art of Living International Center, Bangalore. Significant results clearly demonstrate that by doing the YLTP program, a reduction in stress level and feeling of empowerment can be obtained.

EFFECT OF INTEGRATED APPROACH OF YOGA ON QUALITY OF LIFE IN DENTAL PROFESSIONALS



Unprecedented scientific development in recent decades have led to worsening of quality of life (QOL) due to stress, functional disorders, unrest, and psychological disturbances. Professional burnout is a consequence of chronic stress seen in the work environment (Maslach, Schaufeli, and Leiter 2001), and it is considered to be one of the components of compassion fatigue and can present itself as physical, emotional or spiritual exhaustion (Pffifferling and Gilley 2000).

In a recent report from India, the high prevalence of burnout is a cause of major concern in the dental profession, affecting dentists of both genders, all ages, of different specializations and job profiles (Rao et al. 2016). The authors had suggested that in order to combat this problem, there is a need to have balance in personal and work life and practice stress eliminating techniques like yoga and breathing techniques.

Yoga derives its origin from the Sanskrit word 'Yuj' which means to join unite or integrate it is the bringing together of body with breath and mind first and finally the union of individual consciousness with the energy that has created everything. Yoga and meditation is known to work on all aspects of a person: the physical, vital, mental, emotional, psychic and spiritual.

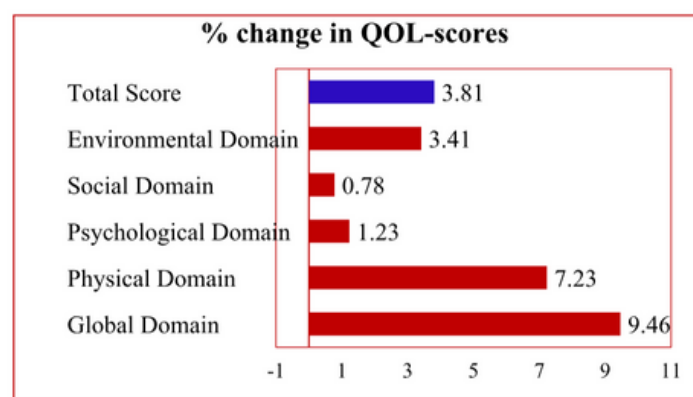
Yoga and breathing exercises provide complete harmonization of the body and helps reduce stress and anxiety. Thus, these yoga practices in combination with meditation and relaxation techniques may be of immense benefit in dental professionals to relieve their stress and improve their QOL.

This observational study was conducted to evaluate the effect of an integrated approach of yoga consisting of

warm-ups, loosening exercises, Asanas, Pranayama, relaxation techniques and meditation on the Quality Of Life (QOL) in dental professionals at a teaching dental institution in India.

The study was carried out at Bharati Vidyapeeth Deemed University Dental College and Hospital, Navi Mumbai, Maharashtra, India, which is a private dental post-graduate teaching institute affiliated to Bharati Vidyapeeth Deemed University, Pune. The study protocol and related documents were reviewed and approved by the institutional Ethics committee prior to the study.

Yoga in QOL of Dental Professionals



Results

The mean age of the dentist was about 40 years with the majority being women. The most common ailments that they had were lower back pain, obesity, hypertension, diabetes mellitus and osteoarthritis. After 20 sessions, there was an improvement in QOL in the global domain, physical domain, psychological domain, social domain, and environmental domain

Name: Impact of Yoga on Quality of Life (QOL) Of Dental Professionals

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Published in: Journal of Yoga and Physiotherapy

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