



# THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



## The Best Tips for Successful New Year Resolutions

Psychologists say that when people want to start something new, they usually wait for a temporal mile stone i.e a time based milestone which is called a fresh start effect. A new year gives all of us an opportunity to start fresh and thats why new year resolutions are so popular. But do you know that by February, 60% of people are not keeping up with their resolutions? So scientists in Sweden did a very long study with over 1000 people spanning 1 year where they tracked people and their new year resolutions. They found that by doing things mentioned below you can make sure to stay on track with your resolutions in 2021.

### RESOLUTION HACKS

1.They found that people had more success when they phrase their resolutions on things that they wanted to add in their life rather than quit or stop. For example, if you want to stop eating sugar or reduce sugar intake, rather than saying I will quit eating sugar, a more powerful way to phrase it is I will start eating more fruits or I will only eat natural sugar. So if you phrase your resolution on things you can add into your life you might have more success in keeping the new year resolution.

2.Find a support system- they found that people with little bit of support do better than people with no support or too much support so find that one person who will keep you accountable through out the year on your new year resolutions.

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## Helping Others Can Help You Feel Better During the Pandemic

Multiple examples have been set down on how the coronavirus pandemic affected our emotions and how we rely on others to obtain daily essentials or to stay socially active. After spending almost a year with this pandemic, many new ways of connecting virtually has shown different impacts on our lives. Amongst the various research undertaken during this time, a paper published in *The Gerontologist*, a research led by Nancy Sin, Assistant Professor at the University of British Columbia says that all the help that we're giving and receiving may be serving to brighten our days and keep our relationships strong.

Another survey that was been conducted during the peak lockdown times on 1000 people across the US and Canada shows higher positive emotions, lower negative emotions and more satisfaction with their relationships when they offered kindness and helped formally or informally over a period. In addition to these differences between people, the researchers also observed people's well-being fluctuate over time.

Volunteering and staying socially connected, even virtually, may play a role in helping to stay happy during the pandemic.

Help Others and Stay Well.



### INTERNATIONAL CONFERENCE ON GLOBAL ANCIENT KNOWLEDGE SYSTEMS

We are delighted to host the first virtual conference on the **Global Ancient Knowledge Systems (GAKS)**. Through this conference we aim to bring experts from the varied field of GAKS who are applying ancient and traditional knowledge to solve the global modern challenges. The modern scientific worldview is considered the gold standard to solve problems of humanity. However, recent years have highlighted the role of GAKS in providing a holistic and broader worldview which complements the modern scientific method. GAKS are based on ancient wisdom and are being validated increasingly with modern science. Through our conference we highlight the role of GAKS and its symbiosis with modern science to solve global challenges.

#### Conference Highlights:

- Aims to connect entities across the globe working on GAKS under one banner to create a dialogue and to create a larger impact.
- Focused discussions on traditional and indigenous knowledge systems with Global Speakers from renowned institutes Interactive workshops to engage and enhance the experience of the applicants.
- Abstract presentations for researchers working in the field to present their study.

Register yourself today. Links for registration is on Page 4.



# DID YOU KNOW?

## Learn About Your Eyes



While a fingerprint has 40 unique characteristics, an iris has 256. This is why retina scans are increasingly being used for security purposes.

If the human eye was a digital camera, it would have 576 megapixels.



The brain processes 36000 bits through eyes only. Eyes contribute 30% percentage of information for Brain processing.

The human eye blinks an average of 4,200,000 times a year. This means if you were given a 5 rupee coin for every time you blinked you would make ₹ 2,10,00,000 annually.





# THE ASSOCIATION OF SUDARSHAN KRIYA YOGA FREQUENCY WITH SLEEP QUALITY

A CROSS-SECTIONAL STUDY FROM SINGAPORE

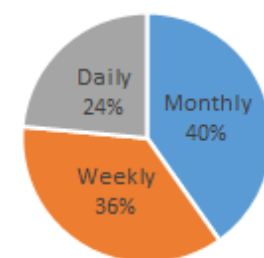
ROBERT SLOAN & DIVYA KANCHIBHOTLA

Sleep and Breathing : International Journal of the Science and Practice of Sleep Medicine

*Concept & Design:* Poor Sleep Quality might be a growing epidemic and pervasive health problem in the adult population. 385 adults were assessed for sleep quality across three categories of SKY practice frequency (monthly, weekly, daily).

*Study Findings:* It was found that daily SKY practice is associated with better Sleep Quality and as SKY practice days increase, the risk of poor Sleep Quality decreases.

Poor sleep quality



■ Monthly ■ Weekly ■ Daily

An inverse association for higher frequency of practice and lower odds of poor Sleep Quality (OR = 0.52; 95% CI = 0.28–0.94) was revealed.



Good Sleep Quality found in 76.6% Daily SKY Practitioners, 64.1% Weekly SKY Practitioners and 60.2% Monthly SKY Practitioners.

**International Conference  
on  
Global Ancient Knowledge Systems:  
Ancient Solutions for Modern  
Challenges**

**Join us  
For A virtual Event**

**On Feb 16th & 17th, 2021**

**Register Now  
[aolr.in/gaks2021](http://aolr.in/gaks2021)**

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