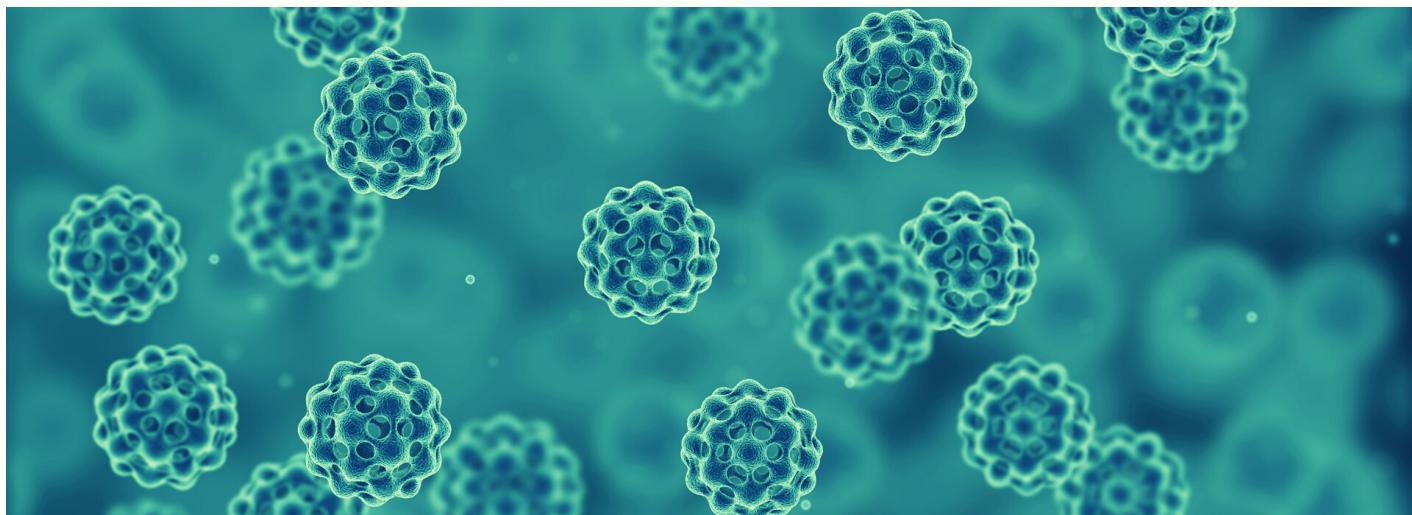




THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



3 Unique ways to increase immunity

If there has been one word that has been most talked about recently and most important, it is immunity and it will continue to be important as we fight from this pandemic in 2021. When people talk about boosting their immunity they usually talk about exercise, lifestyle or herbal supplements. There are three unique ways where we can boost our immunity,

1. Connect :

Feeling more socially connected helps our immunity. It has been shown that when people feel lonely it actually suppresses their immune system. It suppresses the antiviral response in the body. In an analysis of 148 studies which was assessed over 300 thousand people, it was found that people who have more social connectedness, more social ties actually live a longer life and a more healthy life. So go ahead and connect. In this world of social distancing, connect with people online, join a book club, learn something online and most importantly connect with your own-self. When we are able to connect with our own self we are able to connect so much better with others. Techniques like Sudarshana Kriya and meditation help us connect with our own self which affects our social connectedness outside. In fact, in three different research studies Sudarshana Kriya has been shown to increase social connectedness. So go ahead and connect with people.

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2.Help Others

Another unique way to increase our immunity is to help others. When we help others not only do we feel good about ourselves but our body also undergoes a tremendous physiological response that improves our health. Today we will talk about the response that our body undergoes when we help others in terms of our immune function. A very often cited Harvard study, where researchers had showed the video of nuns in Calcutta helping the children and they found that people had an increase in their antibodies just after watching that video. So just watching somebody else help others can also improve our immunity. Imagine when we actually take out the time and help others, it definitely does wonders for our immunity system. So go ahead and make some time in your day. Everyday do something for others.

3.No to Mindless Social Media Scrolling

The next way in which we can improve our immunity is to reduce the time you spend mindlessly scrolling social media. Research studies have shown a very strong correlation between people who have poor immune systems and their usage of social media. So be a user on social media not a consumer. Mindlessly scrolling social media affects our system in many ways. It is linked to several mental issues like depression, anxiety, feeling low self esteem and reducing your immunity.

[Click here to watch the video 1](#)

[Click here to watch the video 2](#)

The Art of Living Global Young Scientist Forum (AOLGYSF)

The Art of Living Global Young Scientist Forum is created under the aegis of Sri Sri Institute for Advanced Research, the Art of Living Research wing on National Science Day 2021. The objective of the forum is to engage young scientists in the conducting and sharing of good quality research on Global Ancient Knowledge Systems.

Young scientists are the foundation of the scientific discoveries of the future. The AOLGYSF provides an opportunity for young scientists to network, learn from each other and provide mentorship to their juniors. We welcome young brilliant minds to join together and work towards applying the solutions from ancient wisdom to the modern challenges and sustainable development of the society.

We are building a community of young and extraordinary scientists from various academic, disciplines and geographies and are committed to integrate global ancient knowledge systems in a scientific way to combat the modern-day challenges and contribute to the holistic and sustainable development of the world.

This Forum aims to provide a unique, one of its kind and a common platform to the young, vibrant and brilliant scientific minds spread globally, to lead, learn, mentor and achieve their goal of contributing to society together.

Some of the Activities we will undertake are :

1.Events 2. Mentorship 3. Research

Who Can join?

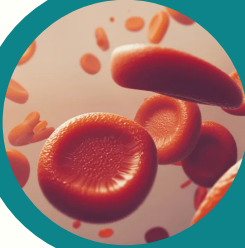
- Aged 45 or younger at the time of nomination
- Demonstrate a commitment to serve society at large through exceptional contribution
- Show an impeccable public record and good standing in their community.

[Click here to know more](#)



DID YOU KNOW?

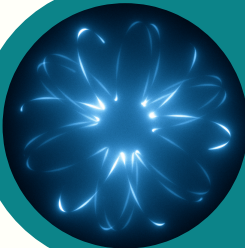
INTERESTING THINGS ABOUT TIME



An Individual blood cell takes about 60 seconds to make a complete circuit of the body



In an entire lifetime, the average person walks the equivalent of five times around the world



It takes a photon up to 40,000 years to travel from the core of the sun to its surface, but only 8 minutes to travel the rest of the way to earth.



New experiences really do seem to be longer in the memory than familiar ones. It's called the "Oddball effect".



"Time" on Earth is slowing down. Due to tidal friction from the moon, in about 200 million years, a day will be 25 hours long.

ASSOCIATION OF YOGIC BREATHING WITH PERCEIVED STRESS AND CONCEPTION OF STRENGTHS AND DIFFICULTIES IN TEENAGERS

Journal of Publication : Clinical Child Psychology and Psychiatry

A RESEARCH STUDY ON SSRVM STUDENTS' MENTAL HEALTH AND SOCIAL BEHAVIOUR

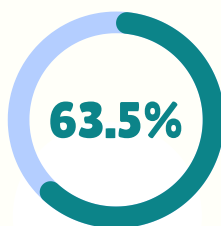
By Divya Kanchibhotla, Saumya Subramanian, Bharti Kaushik

(A Collaborative Research Effort between SSIAR and a Scientist from NCERT)

A Comparative Study on Perceived Stress and Social Behaviour between SSRVM Students and their peers



First study to examine Medha Yoga- 1 in a School Setting in India



A Research study found 63.5% students in India are stressed due to Academic Pressure and Parental Pressure

Teen Mental Health is of utmost importance to ensure that India has a healthy future!

First study to compare the mental & emotional health of SSRVM students with their peers.

A research study was conducted where Perceived Stress and Social Behaviour was compared between students from SSRVM school and their peers from two other schools in Bangalore

SSRVM SCHOOL STUDENTS

237 (Teenagers who practice Sudarshan Kriya Yoga daily)

CONTROL SCHOOL STUDENTS

218 (Teenagers who did not practice any form of yoga or meditation)

SSRVM Students were found to be **11% less stressed than their peers**

Gender-wise Analysis As compared to SSRVM School Students

Gender	Control School Comparison
Male	For Males: The control school had 2x as many males with Emotional Problems 4x as many with Peer to Peer Problems 7x more with Conduct Problems
Female	For Females: The control school had 2x as many females with Emotional Problems 3x more with Conduct Problems

Highlights of the Research Outcomes As compared to SSRVM School Students

- 2x** Number of students with High Level of Emotional Problems in the Control Schools
- 6x** Number of students with Problematic Peer to Peer Relationships in the Control schools
- 2x** Number of students with Behavioural Conduct Problems in the control schools

