

TYPES OF STRESS

ACUTE STRESS

Present for a very short period of time and then dissapates. Can actually be good for you!

TRAUMATIC STRESS

Post a traumatic dangerous event, experience of extreme fear, anxiety and shock

CHRONIC STRESS

Low levels of stress for long time, sense of worry, feeling overwhelmed and trapped in a situation.

CHRONIC STRESS IS MOST COMMON IN MODERN LIFE



LONG TERM EFFECTS OF CORTISOL: THE STRESS HORMONE

**HIGH
STRESS**



CORTISOL

**CORTISOL LEVELS
ARE MAIN
BIOMARKER OF
STRESS**

LONG TERM HIGH CORTISOL CREATES

Elevated Heart Rate



Type 2 Diabetes



Digestive Issues



Low Immunity



Insomnia



Weight Gain





STUDY I : SKY+EXAM STRESS

STUDY OBJECTIVE

Assess impact of SKY on Serum Cortisol before exams (stressful situation) among medical students who were SKY practitioners
Serum Cortisol was measured just before the exams

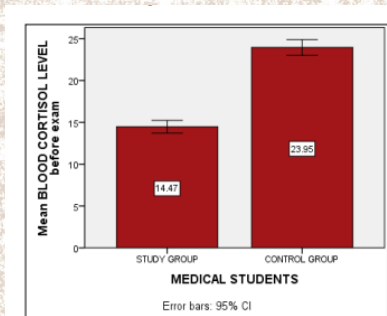
STUDY POPULATION

102 medical students (62 - SKY group , 40 - Control)

OUTCOMES

CORTISOL LEVELS JUST BEFORE THE EXAM

CONTROL GROUP



39.6%

SKY GROUP

SKY GROUP HAD MUCH LOWER LEVEL OF CORTISOL COMPARED TO THE CONTROL GROUP, GIVEN THE SAME STRESSOR.

CONTROLS HAD INCREASED CORTISOL LEVELS

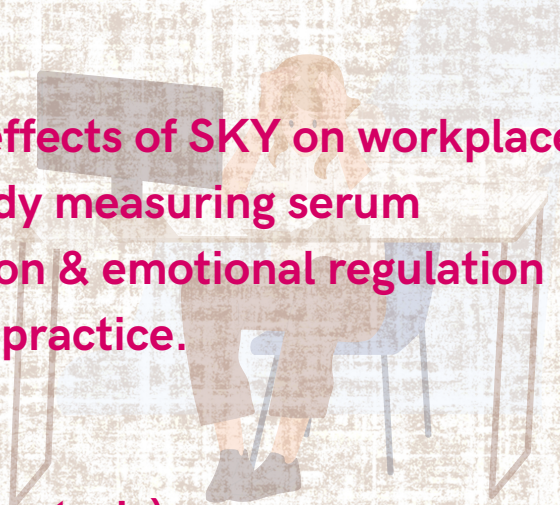
SKY PRACTICE MITIGATES STRESS IN YOUTH UNDER EXAM STRESS



STUDY 2 : SKY+WORK STRESS

STUDY OBJECTIVE

Assess physiological and psychological effects of SKY on workplace stress and wellbeing :A pre and post study measuring serum cortisol, subjective stress , life satisfaction & emotional regulation before and after 3 and 6 months of SKY practice.



STUDY POPULATION

72 Managers (37 SKY and 35 Waitlist Controls)

OUTCOMES: SKY GROUP

CONTROL GROUP

CORTISOL LEVELS

STRESS AT 3 MONTHS

Cortisol levels at 3 months



AT 3 MONTHS

23 ↓

44 ↓

AT 6 MONTHS

37 ↓



Life satisfaction
Emotional regulation

ALL POSITIVE EFFECTS WERE
RETAINED AT 6 MONTHS IN
SKY GROUP

SKY PRACTICE MITIGATES WORKPLACE STRESS
AND INCREASES SATISFACTION



STUDY 3 : SKY+ PAIN, STRESS IN BREAST CANCER PATIENTS



STUDY OBJECTIVE

Assess effect of SKY on serum cortisol level & pain among women suffering from advanced stage breast cancer after 3 months

STUDY POPULATION

147 women (69 : standard care, 78 standard care + SKY)

OUTCOMES AT 3 MONTHS

CORTISOL LEVELS

SKY GROUP

19% ↓

CONTROL GROUP

11% ↑

PAIN PERCEPTION

SKY GROUP

3 points ↓

NO CHANGE IN CONTROL GROUP

REDUCTION OF PAIN AND STRESS HELP TO BETTER MANAGE CANCER AND IMPROVED QUALITY OF LIFE FOR THE PATIENTS

SKY PRACTICE REDUCES SERUM CORTISOL AND PAIN PERCEPTION IN WOMEN WITH ADVANCED BREAST CANCER



STUDY 4 : SKY+DEPRESSION, STRESS IN ALCOHOL DEPENDENTS

STUDY OBJECTIVE

Assess effect of SKY on serum cortisol & depression among alcohol dependent individuals in recovery after 2 weeks

STUDY POPULATION

60 participants (30: standard care, 30: SKY)

OUTCOMES AT 3 MONTHS

CORTISOL LEVELS

SKY GROUP

56.6% ↓

CONTROL

24.7% ↓

DEPRESSION

SKY GROUP

75.8% ↓

CONTROL

58.8% ↓

CORRELATION COULD
ONLY BE ESTABLISHED IN
THE SKY GROUP BETWEEN
THE DECREASE IN
DEPRESSION & CORTISOL
LEVELS

SKY CAN BE A SAFE ANTIDEPRESSANT
THERAPY IN ALCOHOL DEPENDENTS AND
SUPPORT ABSTINENCE



STUDY 5 : SKY+SALIVARY PH

STUDY OBJECTIVE

Assess effect of a single Long SKY on salivary pH

STUDY POPULATION

321 healthy individuals (who were novice to SKY)

OUTCOME

SALIVARY PH IS A BIOMARKER OF STRESS

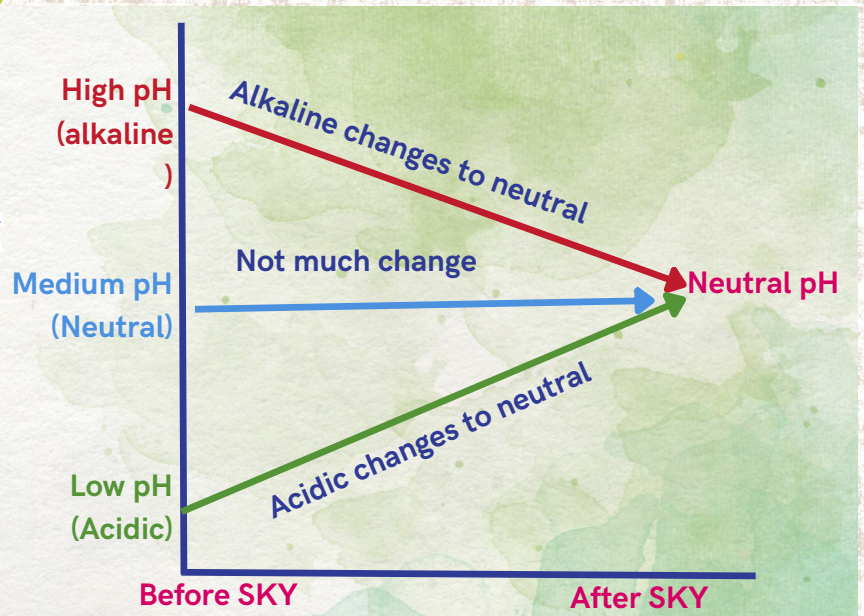
HIGH STRESS

LOW



ACIDIC ENVIRONMENT

SUDARSHAN KRIYA CREATES OPTIMAL PH NO MATTER WHERE THE STARTING POINT



SKY PRACTICE HAS A CUSTOMIZED EFFECT ON AN INDIVIDUAL TO ACHIEVE OPTIMUM HEALTH



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STUDY 6 : SKY+STRESS IN COLLEGE STUDENTS

STUDY OBJECTIVE

Assess effect of SKY on stress, life satisfaction and gratitude after 1 week and 1 month of SKY practice

STUDY POPULATION

50 students novice to SKY

OUTCOMES IMMEDIATELY AFTER SKY

STRESS LEVELS

48.6% ↓

LIFE SATISFACTION

21.1% ↑

GRATITUDE

10% ↑

SKY GROUP RETAINED POSITIVE RESULTS EVEN AT ONE MONTH POST SKY PRACTICE

SKY CAN BE AN EFFECTIVE SELF-EMPOWERING TOOL FOR ENHANCING YOUTH PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING





STUDY 7 : SKY+MENTAL HEALTH IN COLLEGE STUDENTS

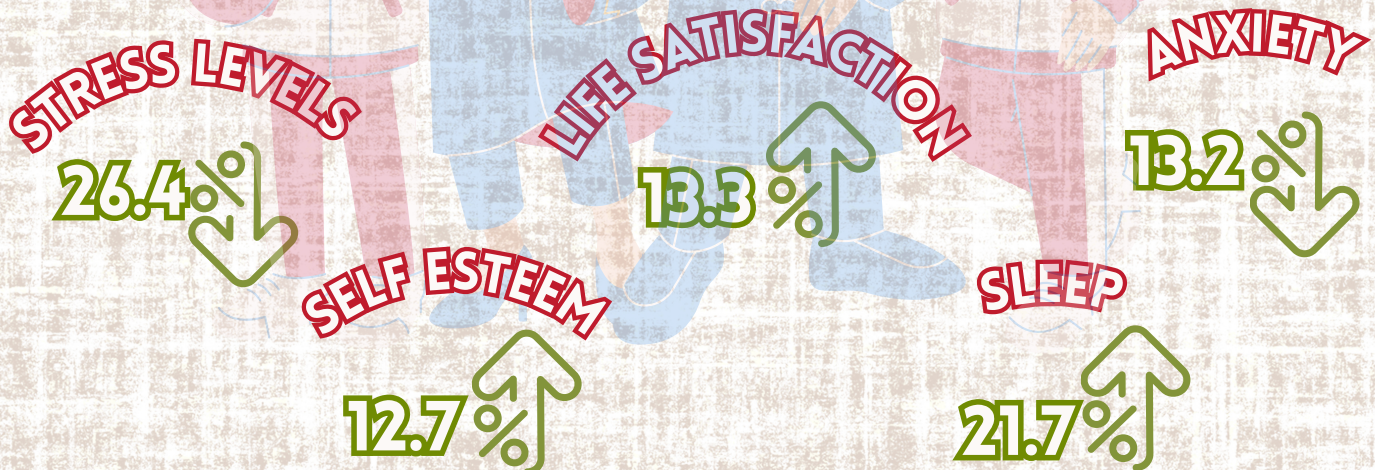
STUDY OBJECTIVE

Assess effect of SKY on stress, anxiety, sleep, self esteem and life satisfaction pre and post 3 months of SKY practice

STUDY POPULATION

69 college students novice to SKY (37 SKY ,32 Active control)

OUTCOMES 3 MONTHS AFTER SKY



CONTROL GROUP DID NOT RETAIN THESE POSTIVE CHANGES

SKY CAN BE EMPLOYED AS AN EFFECTIVE
STRATEGY TO COMBAT STRESS DURING
COLLEGE YEARS

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STUDY 8 : SKY+STRESS + WELL-BEING IN HEALTHY INDIVIDUALS

STUDY OBJECTIVE

Assess effect of SKY on wellbeing of healthy adults - stress, depression & anxiety pre and post 6 weeks of SKY practice

STUDY POPULATION

103 healthy adults novice to SKY (48 SKY , 55 control)

OUTCOMES 6 WEEKS POST SKY

STRESS LEVELS

17.7% ↓

DEPRESSION

33.6% ↓

ANXIETY

22.8% ↓

CONTROL GROUP DID SHOW ANY SIGNIFICANT CHANGES

SKY IS AN EFFECTIVE STRATEGY TO MANAGE
DAY TO DAY STRESS

