



THE 360

A HOLISTIC RESEARCH NEWSLETTER

Issue 05

DIRECTOR'S NOTE

2019 started with great momentum at SSIAR with a brand new publication in a UGC approved, indexed and a high impact factor journal. The research study highlights the positive connection between SKY and environmental sensitivity. In this large sample study, we found that practice of SKY enhances one's connection with the environment and sensitivity towards nature.

This ground breaking finding can embellish the environmental conservation efforts around the world by enhancing people's participation.

Both, myself and the team members got a chance to present our research work at several international conferences in January. We are happy to share that the span of our research is vast covering neurosciences, yoga and disaster management.

We are excited to forge ahead in 2019 to do cutting edge research on the science of consciousness. One of the steps in that direction is the MOU between SSIAR and Mumbai Institute of Neurosciences.

2019 is shaping up to be a great year for the science of ancient Knowledge systems. We hope to keep sharing exciting developments with all of you.

DIVYA KANCHIBHOTLA



GURUDEV SRI SRI RAVI SHANKAR INAUGURATES THE ALL INDIA CONGRESS OF OBSTETRICS AND GYNAECOLOGY IN BANGALORE



Gurudev Sri Sri Ravi Shankar ji inaugurated the All India Congress of Obstetrics and Gynaecology on 9th January, in Bangalore. In his speech, he emphasized the need for the modern medicine to be open to integrate the ancient Ayurvedic practices for having a healthy mother and child.



ANNUAL YOGA FESTIVAL - CONFERENCE, PONDICHERRY

Pondicherry has been hosting its Annual Yoga festival, organized by State Tourism department for last 25 years.

On its Silver Jubilee, the yoga festival also included a scientific conference on Yoga. The 3 day conference saw participation from erudite scientist and researchers from across the globe who presented the Scientific basis and benefits of yoga on several clinical and non clinical conditions.



ANNUAL YOGA FESTIVAL - CONFERENCE, PONDICHERRY

The technical presentations highlighted the benefits of yoga on mental and physical health.

Sumeet Ingole , Research associate , SSIAR , presented a study on Sudarshan Kriya Yoga and Divya Kanchibhotla, executive director chaired the inaugural session of the conference.



GURUDEV SRI SRI RAVI SHANKAR INAUGURATES THE CONFERENCE OF NEUROSURGEONS FROM AROUND THE WORLD IN MUMBAI



Gurudev Sri Sri Ravi Shankar addressed a unique conference of top neurosurgeons in Mumbai. The conference themed - International Conference on Complications in Neurosurgery, was attended by 350 neurosurgeons from 32 countries.

The thought provoking dialogue focussed on intersection of science and consciousness. Gurudev emphasized the need for the care givers to take care of their own minds as well to serve the patients more efficiently.

Sri Sri Institute for Advanced Research also signed a MOU with Mumbai Institute of Neurosciences to conduct cutting edge research on the science of consciousness.



EFFECT OF SUDARSHAN KRIYA YOGA & ASSOCIATED MEDITATION TECHNIQUES ON THE CONNECTION AND SENSITIVITY TOWARDS ENVIRONMENT

*Ever wondered about your
Connection to Nature?*



The environment needs our attention now more than ever before – the reason – environmental degradation and global warming. These issues have assumed alarming global proportions and not only require immediate attention and action at political and policy level, but from every individual in our society. Along with intervention and policy discussions, the current efforts in the conservation and protection of environment are also focused on the behavioral aspects of humans and their responses to environmental issues. Several strategies are being implemented to achieve grassroots solutions using ‘collective effect’ of individuals who have a far-reaching impact on the environment and its conservation.

‘Collective Effect’ is described as participation from the community and change in their behavior towards the environment. Mental and emotional sensitivity towards the surroundings and connection with the environment is an important part of collective effect and hence incrementing the rates of individual participation towards actions that mitigate environmental degradation.

It has been observed that on regular practice of Sudarshan Kriya Yoga (SKY) and associated meditation techniques, an individual not only improves self-awareness, but as observed, develops human values within, that reflects in the connection and sensitivity with environment as well. A multi-country cross-sectional study was undertaken to determine the effect of the aforementioned techniques taught in Art of Living workshops on the connectivity with nature, environmental concern and environmental behavior in people from 32 countries from across the globe.

Using scientifically accepted sociometric parameters, here we present for the first time the documentation and

analysis of the relationship between the effect of the practice of SKY, associated meditation and breathing techniques and connectivity with nature, environmental concern and environmental behavior. A questionnaire-based assessment was conducted on 1200 subjects who participated in the Art of Living workshops, between the age group of 18-70 years. Pre and Post assessments were conducted in person and also through digital links of assessment form, using the ‘Connectedness to Nature Scale’ (CNS) as a tool.



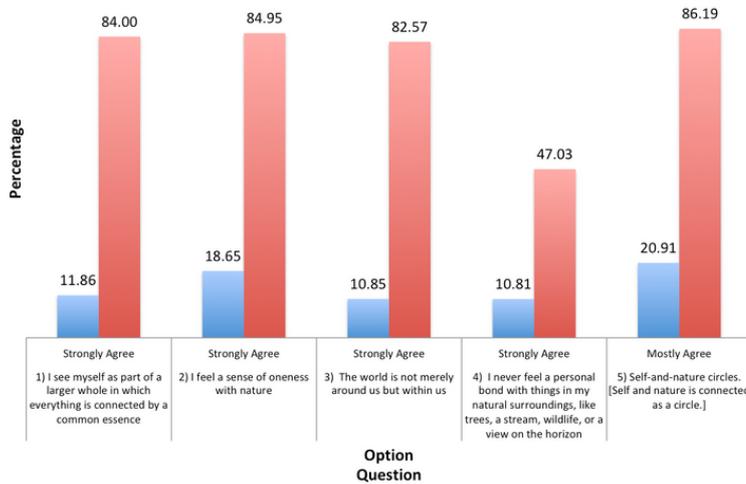
The increased connectivity with nature and environment after SKY and associated meditation techniques have a role to play in the success of environmental restoration efforts taken up by Art of Living, which are completely volunteer driven and community based.

Results indicate that after undergoing the Art of Living workshops participants experienced an increased sense of connection with nature, and their concern and behavior for the environment showed a positive change.

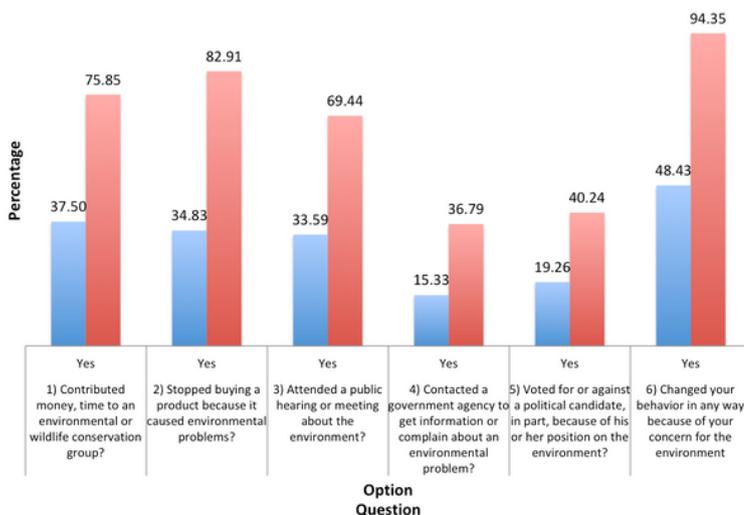
RESULTS:

■ Before Art of Living (%)
■ Present Perspective (%)

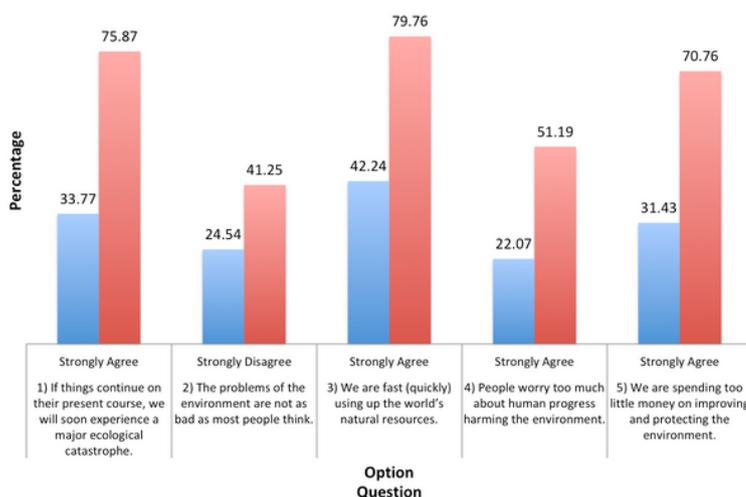
Connectivity with Nature



Environmental Behavior



Environmental Concern



CONCLUSION:

In this study, we found that individual sensitivity and care towards environment is positively impacted by practices like the Sudarshan Kriya Yoga, and associated meditation and breathing techniques.

A marked and significant improvement in the Sociometric parameters of Connectivity with nature, Environmental concern and Environmental behavior scales was observed as hypothesized in the practitioners of SKY and associated meditation techniques before and after practice.

This improvement indicates the positive impact of SKY and associated meditation techniques on the attitude of concern and sensitivity for environmental issues and nature as a whole.

This can be attributed to the overall improvement in health and well-being, happiness and greater peace of mind which in turn leads to increased empathy, connectedness and awareness, both towards oneself and one's surroundings.

These results are very significant as people's participation is an important, but often overlooked component of environmental conservation efforts.

Similar studies suggesting an improvement in human behavior after practicing yoga, pranayama and meditation are gaining popularity, and are contributing immensely in understanding and exploring the crucial role peoples' participation play in making environmental restoration efforts sustainable.

SKY and associated meditation techniques have the potential to become a powerful adjunct strategy for environmental conservation along with policy and technology.

Source: www.ijirset.com

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