Psychologists say that when people want to start something new, they usually wait for a temporal milestone, 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 that's 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.
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.
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**

**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.

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

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.

---

**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

---

**AMOS - A MINUTE OF SCIENCE**

"A Minute of Science" brings you short videos with fresh and practical scientific insights.

To watch these videos, subscribe at:

bit.ly/DivyaKanchibhotla