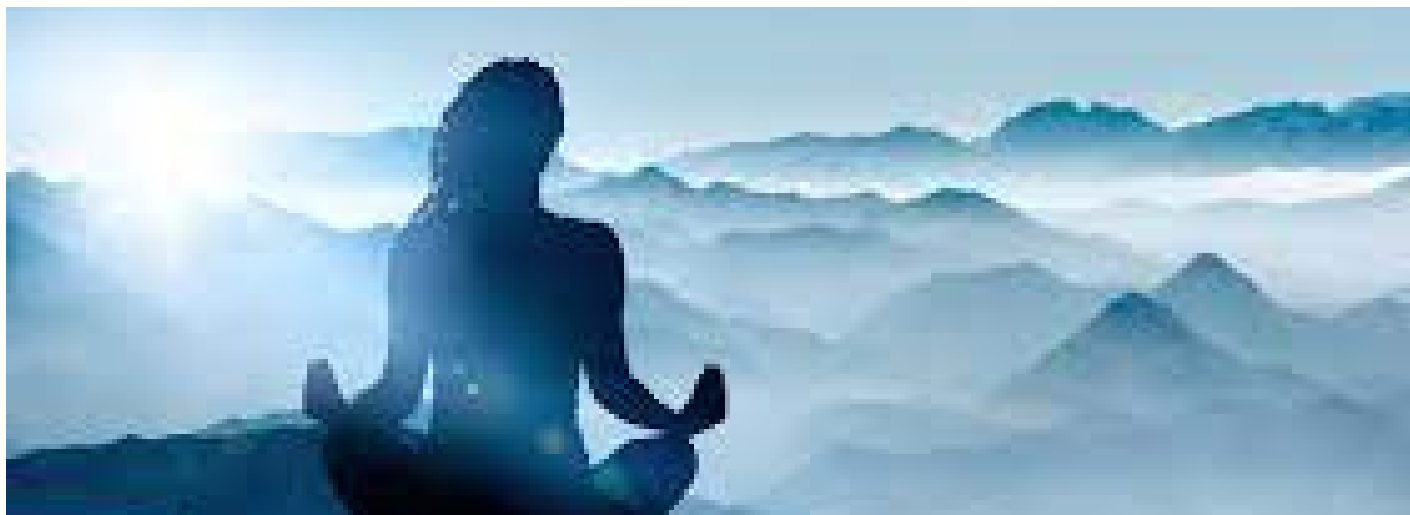




THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



SIMPLE HABIT TO INCREASE IQ

Practicing a simple habit can increase our IQ and this habit takes less time to practice than the time you spend on your lunch or any other meal.

This Practice is meditation, scientists have found that by practicing meditation the IQ went up by 23% and this effect lasts when they measured the IQs again after 1 year of practice here is how it works.

We have 2 types of Intelligence

1) **Crystallized Intelligence** which is all the information that we have gathered by reading books, watching videos listening to podcasts.

2) **Fluid intelligence** ability to be creative, to think on spot, to find new solutions to a problem.

Scientists say meditation impacts our fluid intelligence in a research study we found that when people meditated just for 4 days 20 minutes a day they performed 10 times better on tasks that required fluid intelligence. So meditation has many benefits including making you intelligent. I encourage you to adopt a meditation practice. Even if you are a beginner

[Click here to watch the video](#)

IN THIS ISSUE

P1-Simple Habit To Increase IQ

P2- "A Busy Bee Should Sleep"

P3-DID YOU KNOW Some Unknown Interesting Facts

P4-Vaishvanara Agni Meditation & Gastrointestinal Quality Of Life Index





A Busy Bee Should Sleep



An event 'A Busy Bee Should Sleep' was conducted by the Sri Sri Institute of Advanced Research on May 11, 2021. It was an interactive session between Ms Divya Kanchibhotla and Dr. Somya Ramrakhyani.

Ms Divya shared how she used to stay awake working late at night and would only sleep for 3 hours which later affected her health badly. She had put on too much weight and was not able to sleep. It took her two and a half years to fix her sleep cycle. Dr. Somya shared that her journey had also been similar. Whenever she was not able to complete her tasks during the day, she used to stay awake at night and would sleep for some time during the day. Her routine got very disturbed which led to disturbed sleep and other health issues.

It is very important to have proper sleep to live a healthy life. As stated by Divya ji, in research 40% of the population has poor sleep quality. It is also seen that in 5% of covid patients & 75% of people who have recovered from covid do have sleep issues.

Dr. Somya said that a lot of hormonal restoration happens during sleep, not only for the physical body (repairing muscles and resting eyes) but for the brain, which has very complex & physiological features. Adding to which Divya ji told about a research study between two groups of students; one group got constant 8 hours of sleep and another one got up in between sleep. Next morning both the groups were given the same test and the group which was sleep deprived performed 40% worse than the other group.

If we don't sleep, the judgement centre & executive functioning centre of the brain gets compromised, we become more impulsive and we are not able to access our cognitive abilities; the hormone that consoles our appetite gets down and we don't know whether we are feeling full or not so we eat even when we don't need it. Less sleep affects the heart and the immune system.

Research says that when we sleep less than 6 hours our life is potentially shorter. A typical adult should sleep for 7 & a half hours whereas babies & children can sleep for 12 hours or more. Talking about the reasons for insomnia, Dr. Somya said that blue light from our phones, laptops and tablets is a major cause of insomnia. Our brain can catch it even when our eyes are closed, which inherits the production of melatonin (important to regulate the circular rhythm) and the brain thinks it's day time and hence we are not able to sleep. Agreeing to it, Divya ji added that consuming caffeine also hampers our sleep.

For good quality sleep, both of them gave below tips:

- Exercise during the day where we really sweat
- Switching the phone off at least two to three hours before we go to sleep & not keeping it by our side while we are in bed
- Meditation as it balances our nervous system
- Practicing Sahaj Samadhi Meditation, Sudarshan Kriya and Yoga Nidra by Gurudev Sri Sri Ravishankar Ji.

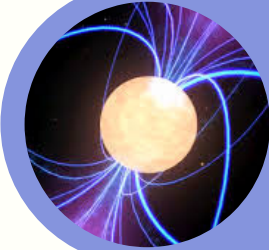
Both of them spoke about research on Sahaj Samadhi Meditation, Sudarshan Kriya and sleep which shows that Sahaj and SKY allows one to sleep longer, have better sleep quality, fall asleep early, and feel less stress.

Talking about napping during the day, Dr. Somya said that napping during the day is good as it increases productivity; but it should be either a 20 minutes nap or 90 minutes nap as after 20 minutes, one enters into deep stages of sleep and waking up after half an hour of nap might make one feel groggy.

Hence, it can be said that a busy bee should take a good quality sleep for at least 6 continuous hours at night.



DID YOU KNOW? SOME UNKNOWN INTERESTING FACTS



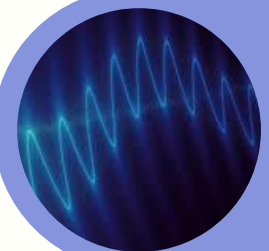
A teaspoonful of neutron star would weigh 6 billion tons



If you took out all the empty space in our atoms, the human race could fit in the volume of a sugar cube



Venus is the only planet to spin clockwise



Sound travels about four times faster in water than in the air



Chalk is made from trillions of microscopic plankton fossils





Sri Sri Institute For Advanced Research

VAISHVANARA AGNI MEDITATION & GASTROINTESTINAL QUALITY OF LIFE INDEX

DIVYA KANCHIBHOTLA, PEEYUSH SHARMA, SAUMYA SUBRAMANIAN
JOURNAL OF AYURVEDA AND INTEGRATIVE MEDICINE

SAMPLE SIZE: 54

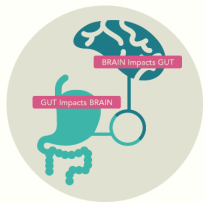
**TIME POINTS OF ASSESSMENT: Pre,
Day 24, Day 50**

PARAMETERS ASSESSED:

- *Gastrointestinal Quality of Life
- *Gut Related Issues
- *Core symptoms like abdominal pain, bloating, belching & fatigue

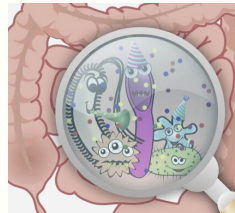
15% IMPROVEMENT IN GASTROINTESTINAL QUALITY OF LIFE

Gastrointestinal quality of life improved by 15% after continuous practice of VAM for 50 days.



30% IMPROVEMENT IN GUT RELATED ISSUES

Practitioners observed 30% improvement in gut related issues like abdominal pain, irritation and bloating.



PHYSICAL, MENTAL, EMOTIONAL & SOCIAL HEALTH

Practitioners observed great improvement on the core symptoms. Regular practice of VAM not only improved the physical strength & digestion of the individuals, but also contributed to their mental, emotional & social health.



This is the first study that explores the benefits of meditation on gut health. Imbalance in gut microflora not only affects digestion, but also has an impact on chronic diseases like cancer and type 2 diabetes. Since strong immunity has been the topic of conversation during the pandemic, this study provides an added approach to enhance our overall health and immunity.

