

IMPLEMENTATION OF MENTAL HEALTH STRATEGIES

PUSHP DANT, MASTER FACULTY,
ART OF LIVING, NGO
SECY, FOUNDER'S OFFICE

Event for Mental Wellness & Stress Management
IIT Delhi & Ministry of Education
30th May 2023 | Senate Room, IIT Delhi

ABOUT THE ART OF LIVING

We serve society by strengthening the individual.

The programs are guided by Gurudev Sri Sri Ravi Shankar's philosophy of peace:

"Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace."

Operating in 156 countries, The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by Gurudev Sri Sri Ravi Shankar.

The Art of Living Youth Programs create a platform for youth worldwide by offering multiple opportunities to accelerate their physical, emotional and intellectual and adversity quotient. The programs imbibe a passion for excellence and instill a spirit of volunteerism in the youth, creating a strong foundation for nation building.



ART OF LIVING OUTREACH



**40+ YEARS
OF SERVICE**



**156 COUNTRIES
MAKING A DIFFERENCE**



**500 MILLION +
LIVES TOUCHED**



**10,000 + CENTERS
WORLDWIDE**



**100 MILLION +
YOUTH**



**600+
CITIES**



**12,000+
COLLEGES**

GLOBAL PRESENCE

The Art of living institutional programs are offered in **100+ University Campuses worldwide**



GoI-MoE, UGC, AICTE

KEY SUCCESS FACTORS

WORKSHOP FORMAT

Prevention & Promotion in Mental Health

Enjoyable, Peer Learning, Empathy, Follow-Ups

CONNECTION & TRUST

Parents vs. Teachers vs. Friends

SUPPORTIVE COMMUNITY

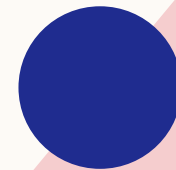
Immediate & Lifelong

OPPORTUNITY

Beyond Campus, Building Human Capital

IMPACT

Research backed Indian Knowledge System



STUDIES IN YOUTH (1/3)

In a randomized controlled trial by Seppälä et al (2020), 131 US university students were either placed in a non-intervention control group (N = 47) or received training in one of three 30-hour, eight-week semester-long well-being programs: SKY Campus Happiness (“SKY”; N = 29), Foundations of Emotional Intelligence (“EI”; N = 21) or Mindfulness-Based Stress Reduction (“MBSR”; N = 34). Compared to the control group, **SKY Campus Happiness showed the greatest impact, benefiting six outcomes: depression, stress, mental health, mindfulness, positive affect and social connectedness.** EI benefited one outcome: mindfulness. The MBSR group showed no change. Delivering SKY or EI to university students may be a cost-effective and efficient way to proactively and preventatively address mental health for university students and reduce the financial strain on universities.

STUDIES IN YOUTH (2/3)

An open labelled trial on the efficacy of Your Enlightened Side (YES+) workshop (included SKY) that was designed for college students and other young adults was conducted with a total of 74 young adults (Goldstein et al, 2016). The study showed **significant improvement in self-reported depression, perceived stress, life satisfaction, social connectedness and gratitude** postworkshop and 1-month after the workshop. Improvements in self-reported emotion regulation were observed at 1-month follow-up relative to baseline. Positive and Negative Affect Schedule-Expanded Form positive affect increased, while fatigue and sadness decreased.



STUDIES IN YOUTH (3/3)

In another study on medical students, 62 UG medical students practised Sudarshan Kriya for 6 months. Data analysis shows that **level of cortisol was lower** than as compared to the control group indicating lower stress levels (Kumar, Kamal and Chawala, 2017).



HAPPINESS

In a case control observational study, 385 SKY practitioners were compared with 348 non-practitioners using Subjective Happiness Scale (Sloan and Kanchibhotla, 2021). Daily SKY participation was positively associated with a **2-fold higher likelihood of being happier** in a multivariate regression analysis. Happiness was defined as a construct with frequent positive emotions—such as joy, interest and pride—and infrequent (although not absent) negative emotions—such as sadness, anxiety and anger.

SLEEP

The impact of the of SKY on sleep quality was assessed in a study on 473 adults. The study demonstrates the efficacy of SKY in improving sleep quality, irrespective of gender or age, with more frequent practice yielding better quality of sleep (Kanchibhotla et al, 2021).

Excessive day time sleepiness was studied in a prospective, controlled study involving randomized subjects. Subjects (n=52) performed 30 min of SKY for 6 days/week for 8 weeks, while controls (n=53) performed sitting activity and Suryanamaskar for 4-weeks each. SKY group showed significant improvement over controls at 4 and 8 weeks in excessive day time sleepiness (Chaudhari et al, 2020).



SELF-EFFICACY

In a study on 35 early adults, self-efficacy and satisfaction with life amongst Sudarshan Kriya Yoga practitioners and non-practitioners was compared. Self-efficacy refers to an individual's belief in his or her own ability. The participants who practiced SKY regularly had **higher self-efficacy and were better able to acknowledge their own capabilities** better (Mishra and Asthana, 2016).



LIFE SATISFACTION AND RESILIENCE

In a study on 92 health care providers during covid pandemic, SKY was taught to participants in a 4-day online breath and meditation workshop. A **significant reduction was observed in the levels of stress, anxiety and depression immediately after the program.** In addition, the participants reported significant improvement in life satisfaction, resilience, and the quality of their sleep (Divya, Somya and Darshan, 2021).



PROFESSIONAL FULFILMENT AND WORK EXHAUSTION

A study examined the efficacy of Sudarshan Kriya Yoga (SKY) for alleviating work exhaustion, improving Professional Fulfillment, and influencing positivity among Health Care Professionals (HCPs) during COVID-19 (Kanchibhotla et al, 2022). In a comparative observation before the intervention (Pre), after the intervention (Post), and 30 days after the intervention in the Experimental Group (29 physicians) and Control Group (27 physicians), it was found that immediately after SKY, HCPs experienced a significant improvement in Professional Fulfillment, work exhaustion, positive mood, and negative mood compared to the Control Group.

EXPERIENTIAL SESSION

PANCHA-KOSHA

THANK YOU

Pushp Dant

pushp.dant@artofliving.org

+91 9910299690