



SRI SRI INSTITUTE FOR ADVANCED RESEARCH
Bengaluru, India

• INTERACTIVE FLASHCARDS

SKY IN FOCUS • MENTAL HEALTH

Clear Skies

SKY and Mental Health

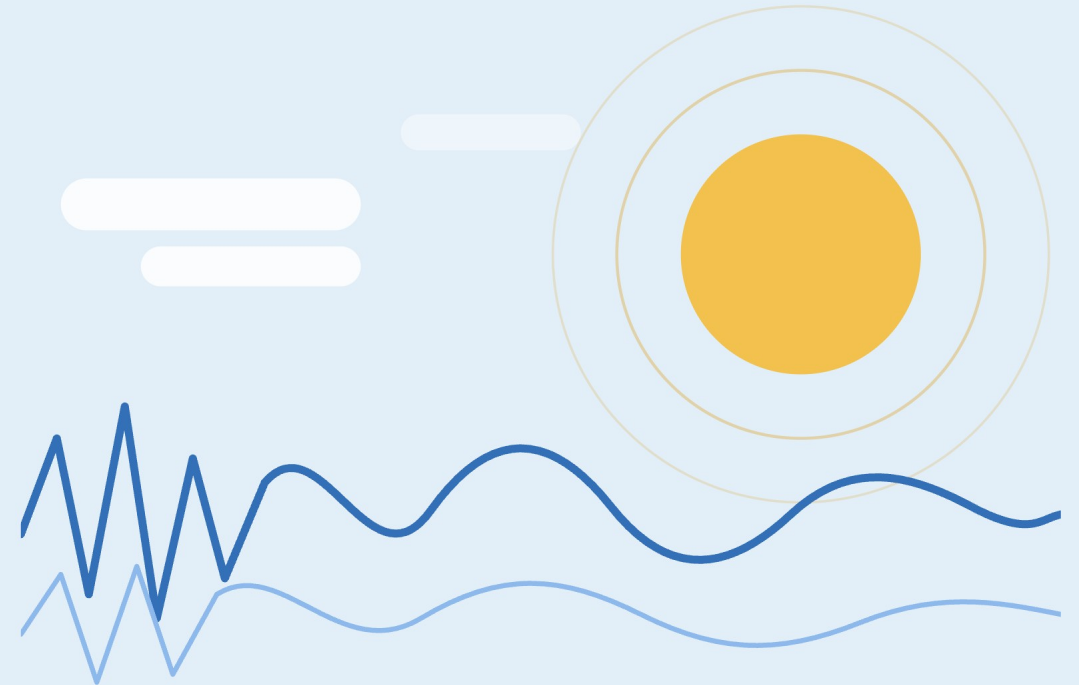
Selected studies on stress, anxiety, depression and sleep with managers, executives, physicians and patients.

Stress

Anxiety

Depression

Sleep



SKY & Mental Health





Two Sides of the Same Coin



Subjective understanding is **spirituality**.

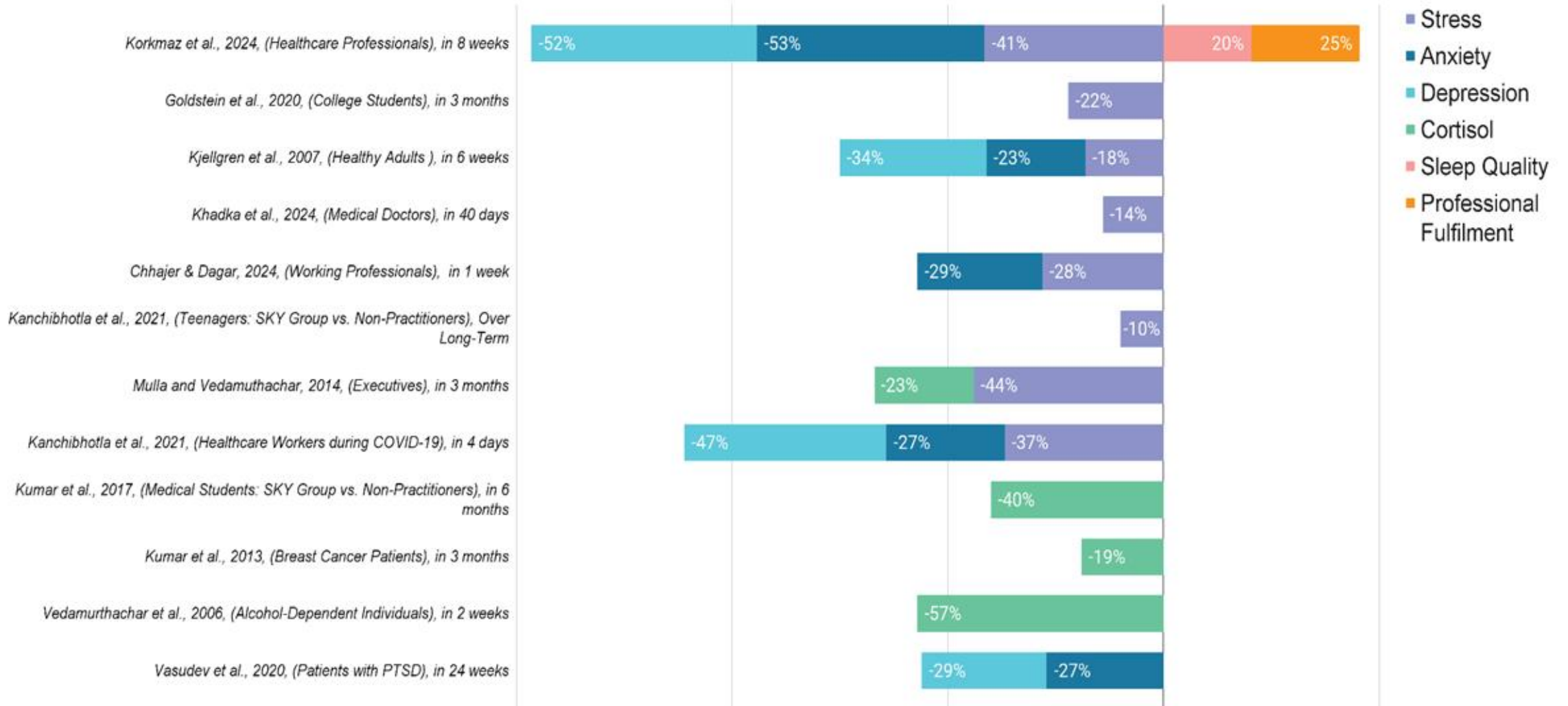
Objective analysis is **science**.

Science and religion have been at loggerheads,
but not spirituality as it encourages a **spirit of inquiry**.

- Gurudev Sri Sri Ravi Shankar



SKY: Enhances Mental Well-Being Across Population





SKY Reduces Stress and Anxiety at Work



Study with 64 Managers in a Manufacturing Firm

SKY Group: In 1 Week

28% reduced stress in managers

29% reduced anxiety levels

Enhanced emotional and social well-being

Greater thriving and general health

Chhajer & Dagar, 2024

Indian Institute of Management Indore

XLRI – Xavier School of Management, Jamshedpur

Frontiers in Psychology



SKY Reduces Workplace Stress

Study with 72 Executives

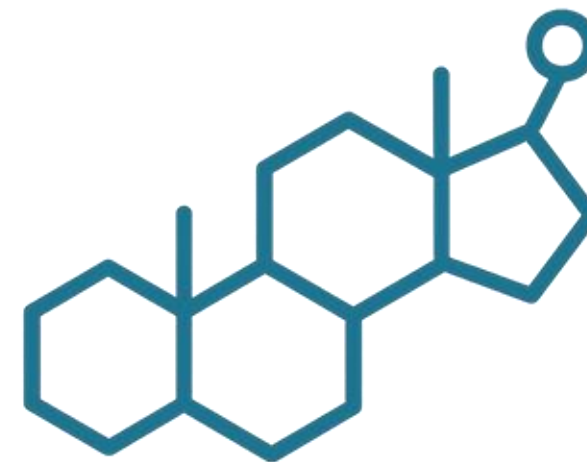
SKY Group: In 3 months

- **23%** reduced cortisol
- **44%** reduced stress

Greater emotional stability and work–life balance

Mulla and Vedamuthachar, 2014
Tata Institute of Social Sciences, Mumbai, India
Management and Labour Studies

REDUCED CORTISOL
the stress hormone





Frontline Resilience: SKY's Transformative Impact



Study with **129 Physicians**

SKY Group: In **8 weeks**

- ↓ **41%** reduced stress scores
- ↓ **52%** reduced depression scores
- ↓ **53%** reduced anxiety scores
- ↓ **20%** reduced insomnia scores
- ↑ **25%** increased professional fulfilment scores

*Korkmaz et al., 2024
University of Health Sciences, Istanbul, Turkey
JAMA Network Open*





Frontline Resilience: SKY's Transformative Impact



Study with 803 frontline health professionals

SKY Group: In 3 days

- **94%** reported reduced stress
- **92%** felt communication improved
- **81%** said job performance improved
- **100%** would recommend to peers

*Saatcioglu et al., 2022
University of Oslo, Norway
JCO Oncology Practice*



SKY Eases Anxiety & Depression

Study with 169 patients | UK National Health Service

Effect of SKY: Over **4 weeks**

- ↓ **46%** reduced anxiety symptoms
- ↓ **45%** reduced depression symptoms

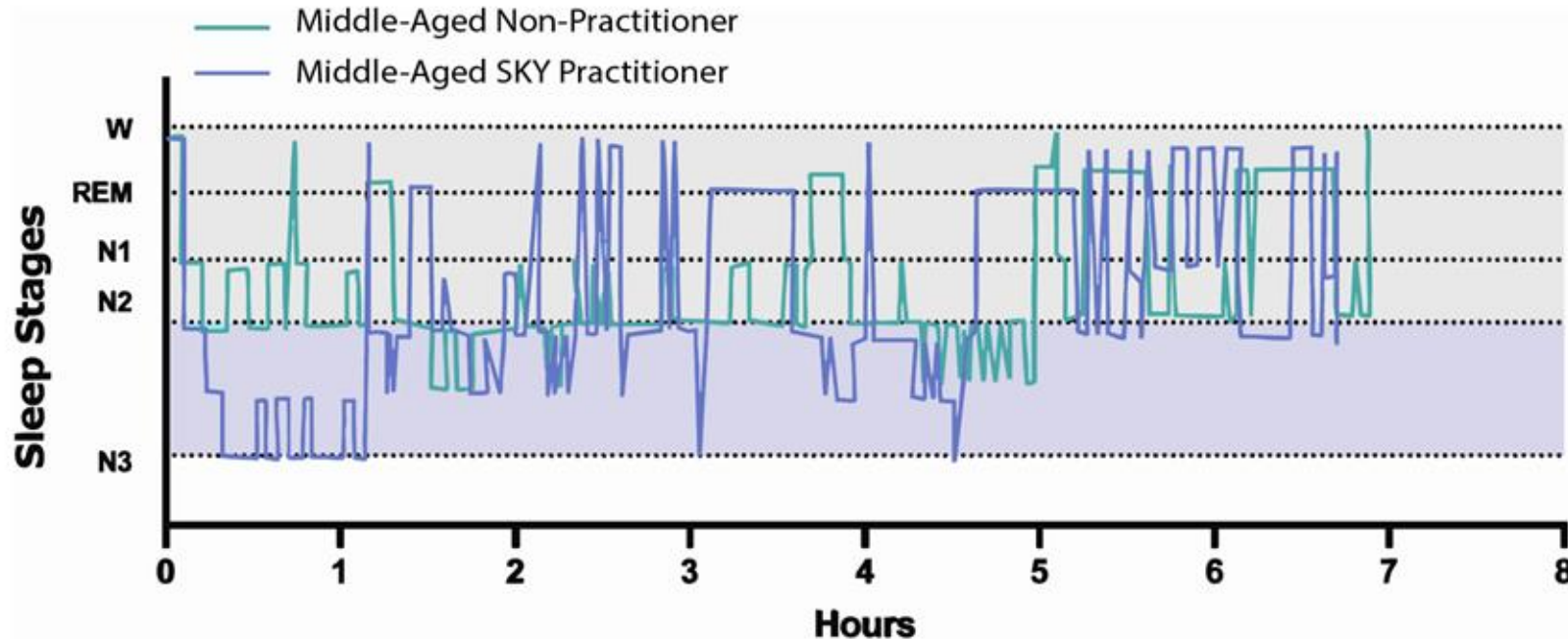
SKY significantly reduced anxiety and depression in NHS patients who completed the full programme.



*Hamilton-West et al., 2019
University of Kent, Canterbury, Kent, UK
Primary Health Care Research & Development*



SKY Promotes Restorative Deep Sleep



Representative polysomnogram showing 3 X improvement in deep sleep stages in healthy age-matched SKY practitioner versus non-SKY practitioner.

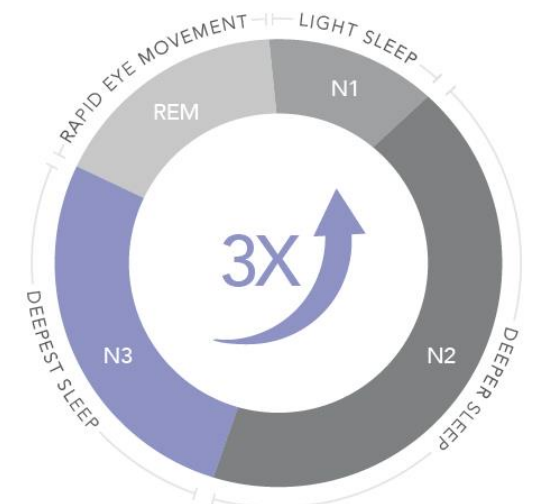


Figure adapted from Sulekha et al., 2006)
NIMHANS, Bengaluru
Sleep and Biological Rhythms

