



SRI SRI INSTITUTE FOR ADVANCED RESEARCH

Bengaluru, India

◆ INTERACTIVE FLASHCARDS

Sudarshan Kriya Yoga

Evidence that speaks to everyday life

One breath practice · five populations · selected peer-reviewed findings

01 STUDENTS

↓ 41%

depression scores in 4 weeks

17 young adults
Goldstein et al., 2016
UNC Chapel Hill

02 CORPORATE LEADERS

↓ 23%

cortisol over 3 months

72 executives
Mulla & Vedomuthachar, 2014
TISS, NIMHANS

03 HEALTHCARE PROVIDERS

↓ 52%

depression symptoms in 8 weeks

129 physicians
Korkmaz et al., 2024
Dokuz Eylül University

04 WOMEN

↓ 19%

cortisol in breast cancer care, 3 months

147 patients
Kumar et al., 2013
AIIMS New Delhi

05 TRAUMA & PTSD

↓ 30%

PTSD symptoms, sustained at 1 year

21 war veterans
Seppälä et al., 2014
Stanford University

Within-group change in SKY participants, as reported in each study

Tap a card to explore → research.artofliving.org



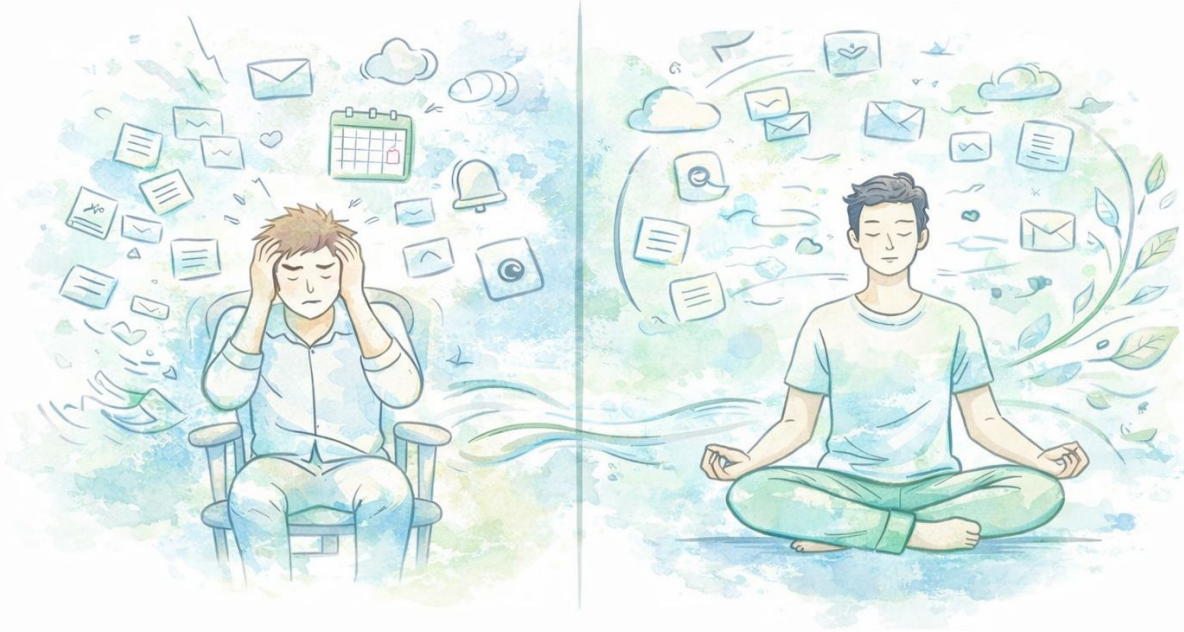
Stress is a global health challenge



Chronic stress influences inflammation, immunity, and disease risk
- Yale School of Medicine



Stress: From Survival Ally to Modern Overload



Breath offers a **bridge** - from outer noise to inner regulation.



A state of calm alertness — distinct from sleep



Effect of a single session of
Sudarshan Kriya Yoga (SKY) in
experienced practitioners

EEG shows a brain state that is
deeply restful yet attentive

[Tripathi et al., 2025](#)

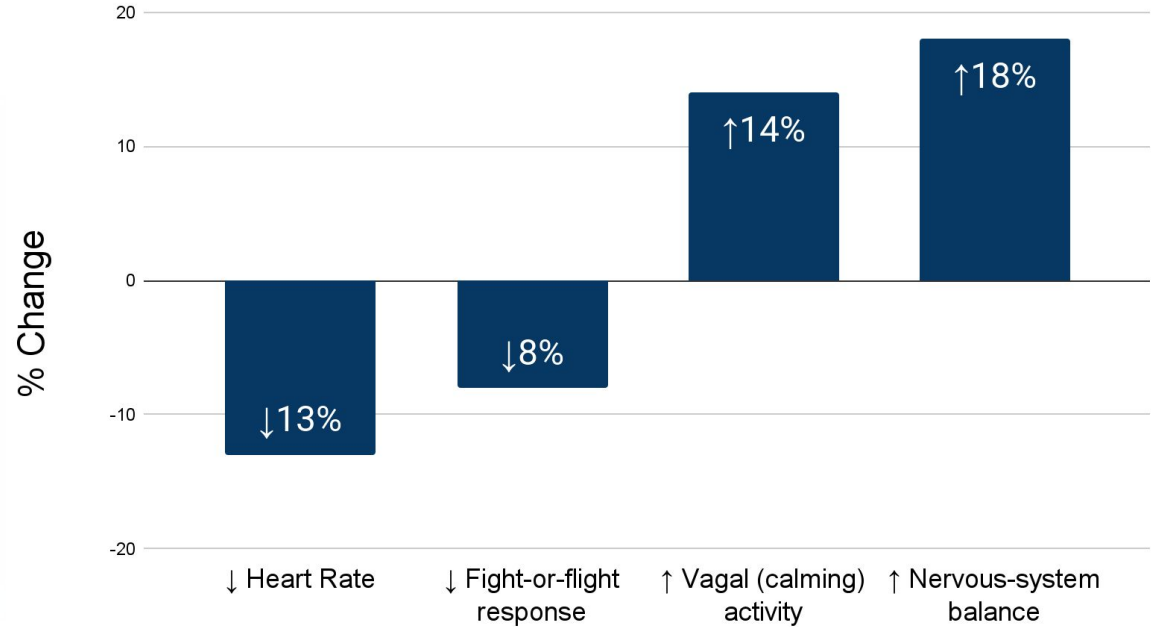
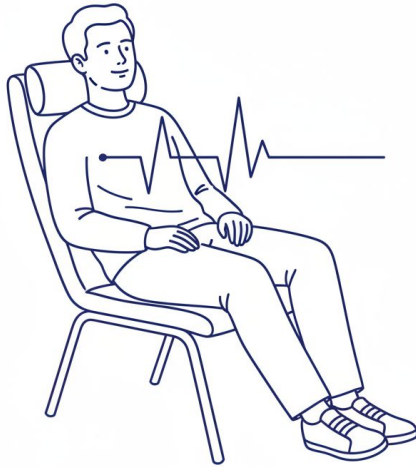
IIT Gandhinagar, India, Harvard University

Nature Partner Journal - Mental Health Research



SKY: Offers a Natural Way to Lower Stress & Heart Rate

Study with 30 Healthy Adults
Effect of a single SKY session



[Bhaskar et al, 2017](#)

SSIAR, Bengaluru, AIIMS, New Delhi

Journal of Alternative and Complementary Medicine



SKY: “Like Fresh Air to Millions...”

800+ million

people reached across **182 countries**
through Art of Living programmes

40,000+

trained facilitators delivering
stress-resilience programs globally

The Washington Post

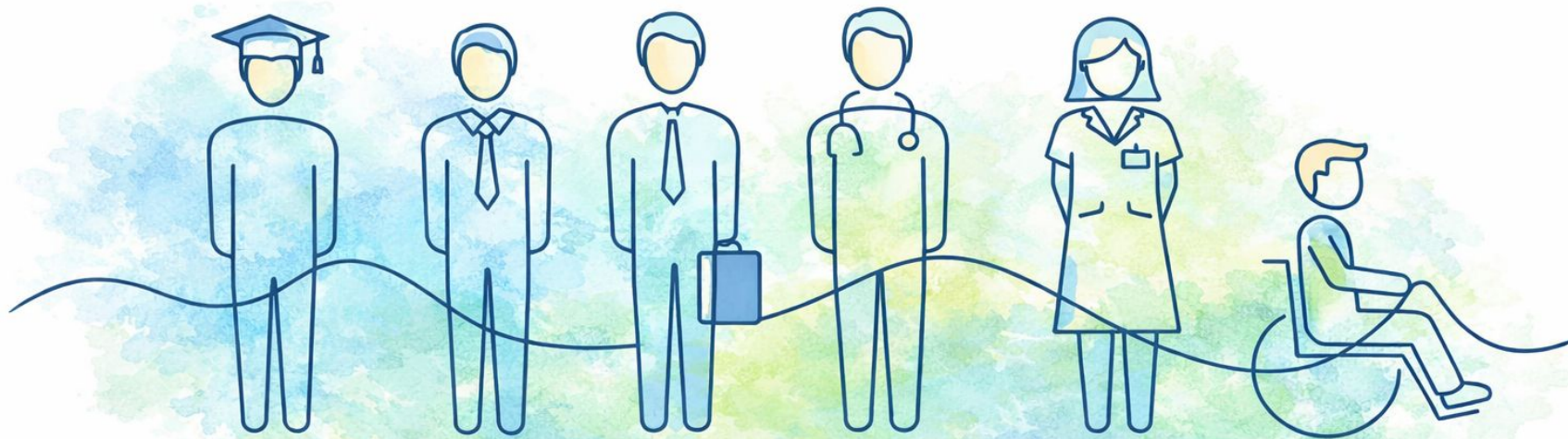
Like Fresh air to millions

yoga
JOURNAL

*Maybe the fastest growing spiritual
practice on the planet*



Different Lives. Different Challenges



STUDENTS

CORPORATE LEADERS

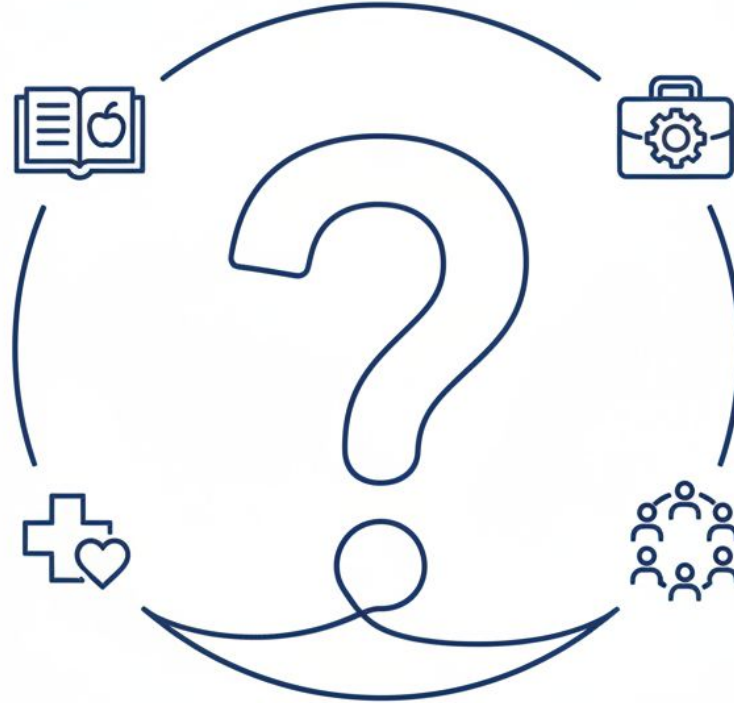
HEALTHCARE
PROVIDERS

WOMEN

AT-RISK
COMMUNITIES



Across different real-world contexts





School to young adulthood

Rising learning demands · Emotional pressure · Stress



A significant proportion of university students seek support for anxiety and depression
- Harvard University

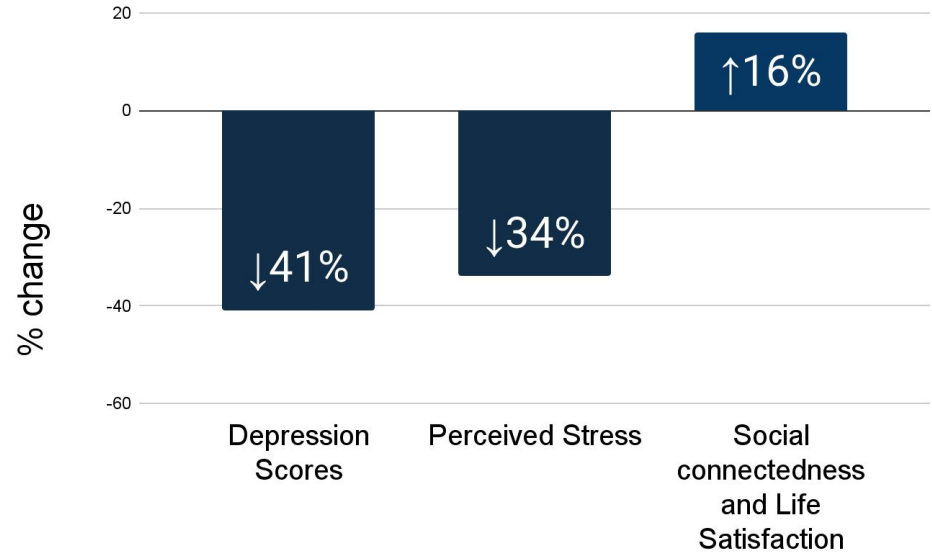


Improved cognition & emotional well-being



Study with **17 Young Adults**

Effect of YES!+ in 4 weeks



[Goldstein et al., 2016](#)

University of North Carolina, Chapel Hill

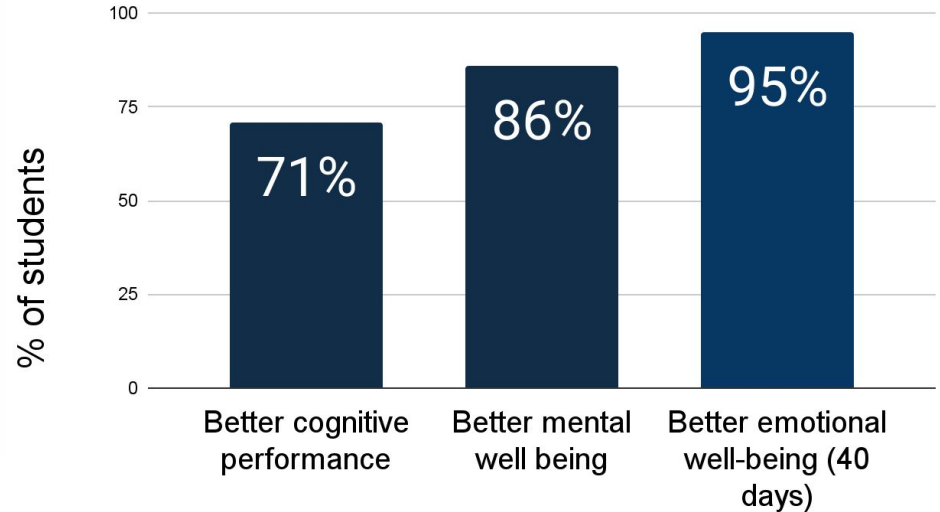
International Journal of Yoga



Improved cognition & emotional well-being

Study with 275 Adolescents

Effect of SKY in 4 days

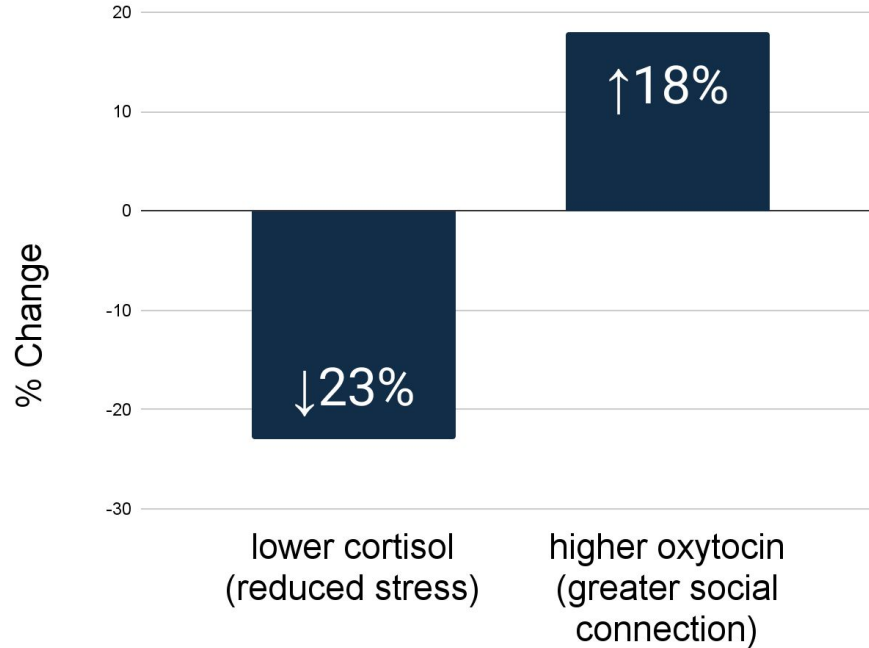


[Subramanian et al., 2025](#)

Sri Sri Institute for Advanced Research
Clinical Child Psychology and Psychiatry



Reduced stress & improved social connection



Study with **21 seventh-graders** in the US
Effect of SKY Schools programme at 10-month follow-up



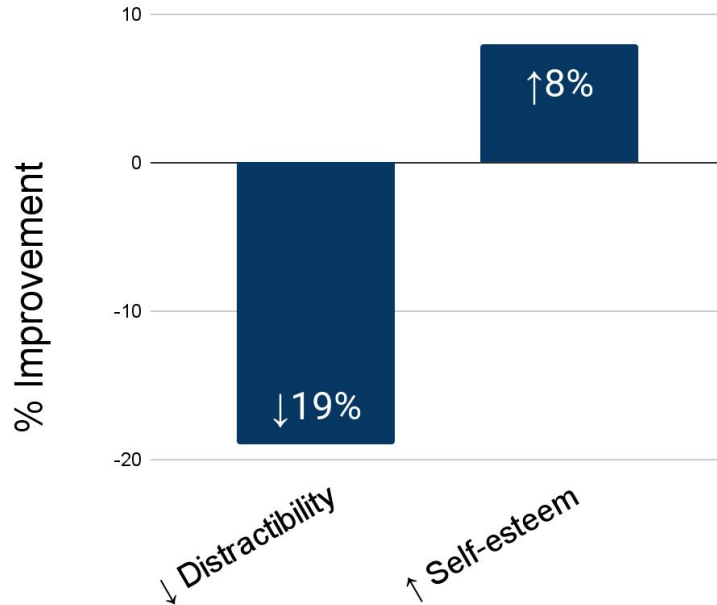
[Rovnaghi et al., 2025](#)

Stanford University School of Medicine, California, USA
Comprehensive Psychoneuroendocrinology



Improved attention and emotional regulation in adolescents

Study with 59 Public School Students from New York



[Newman et al., 2020](#)
International Association for Human Values, Washington DC, USA
International Journal of Yoga



Community reach in school & youth settings

5+ million

children and teens reached through life-skills and resilience programmes

150,000+

children completed the Intuition Programme in over 40 countries

173,000

students across SKY Schools (USA)



Corporate Leaders & Decision-Makers

High-stakes decisions · Sustained pressure · Responsibility for others

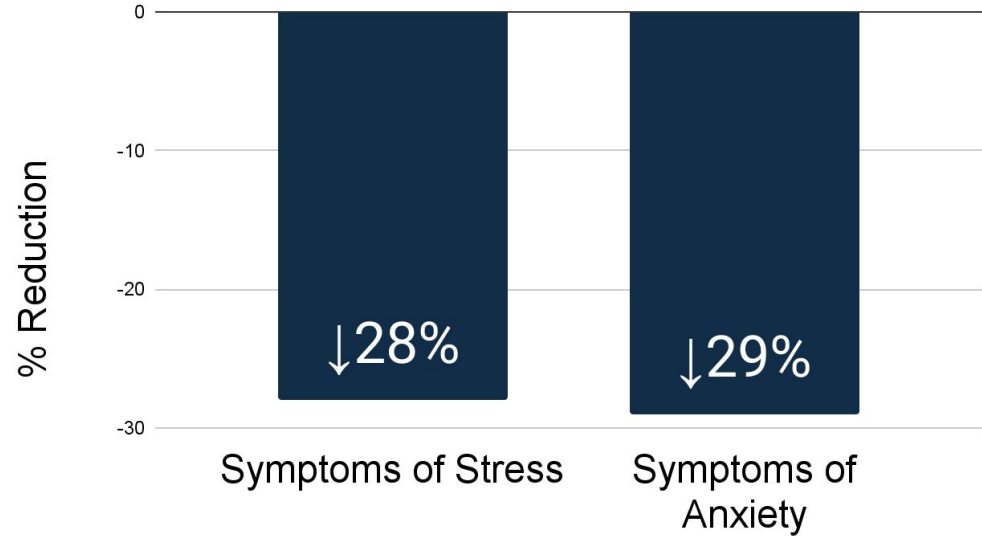




Rapid stress reduction in one week

Study with 64 Managers in a Manufacturing Firm

SKY Group: In 1 Week



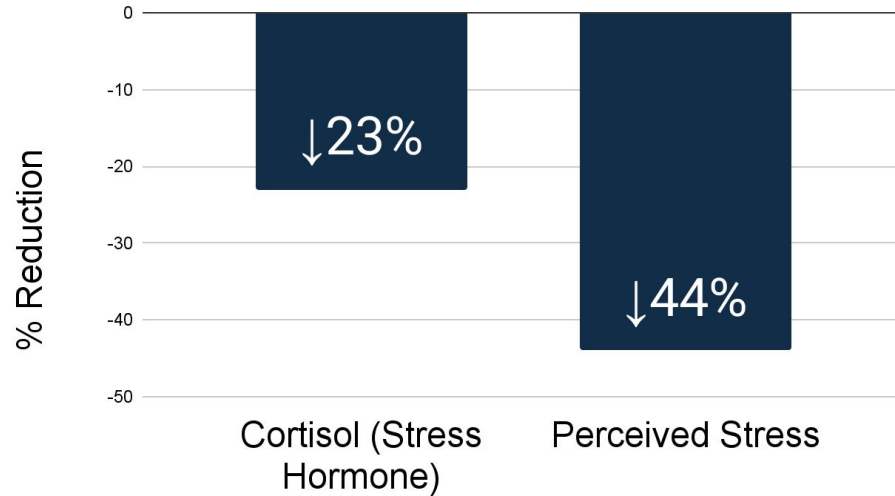
[Chhajjar & Dagar, 2024](#)

IIM - Indore, India

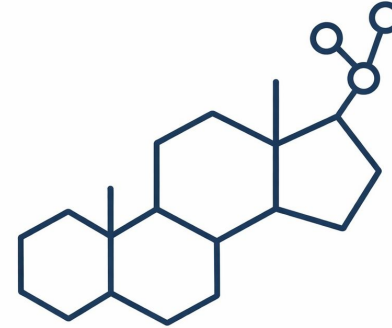
Frontiers in Psychology



Reduced biological stress over three months



Study with 72 Executives
SKY Group: In 3 months



[Mulla and Vedamuthachar, 2014](#)

Tata Institute of Social Sciences, Mumbai, India
NIMHANS, Bengaluru, India
Management and Labour Studies



Scalable Solutions Across Public and Private systems

500,000+

corporate leaders

400,000+

government officials trained in
stress-resilient leadership



Health & Medical Frontline Workers

Continuous exposure to stress, suffering, and long working hours

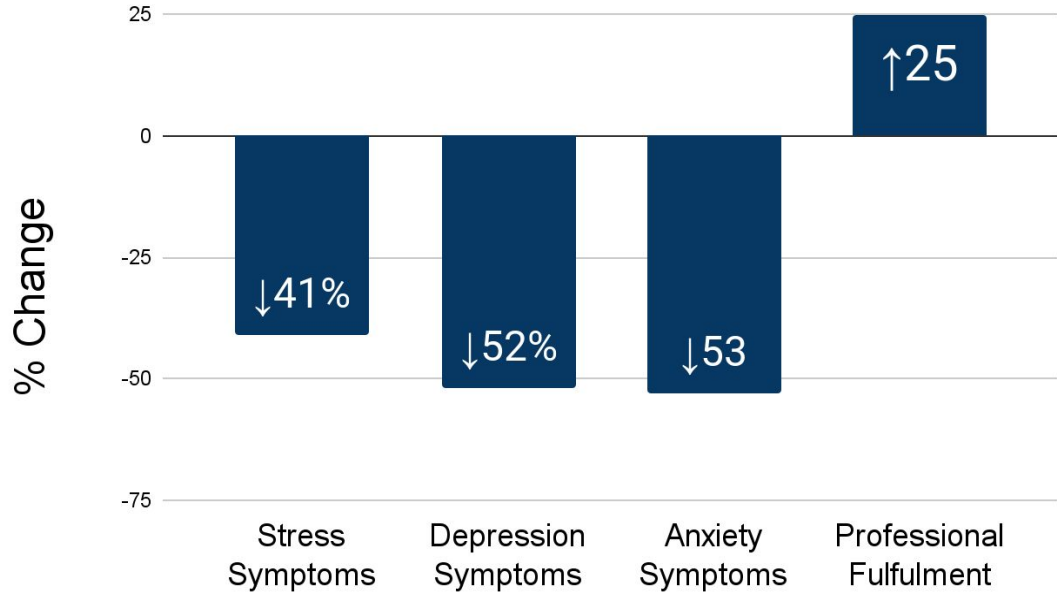




Mental health & professional fulfilment

Study with 129 Physicians

SKY Group: In 8 weeks



[Korkmaz et al., 2024](#)

Dokuz Eylül University (DEU), Turkey

JAMA Network Open



Reduced inflammation & improved immune balance

Study with **38 Healthcare Workers**

SKY Group: Trend in 12 Weeks

Reduced markers of inflammation

- ↓ Erythrocyte Sedimentation Rate (ESR)
- ↓ C-Reactive Protein (CRP)
- ↓ Neutrophil to Lymphocyte Ratio (N:L)
- ↑ IL-4 (anti-inflammatory cytokine)
- ↑ CD56+ and CD8+ immune cell counts



[Balasubramanian et al., 2025.](#)

Sri Ramachandra Institute for Higher Education and Research, Chennai
Sri Sri Institute for Advanced Research, Karnataka, India;
Traditional and Integrative Medicine

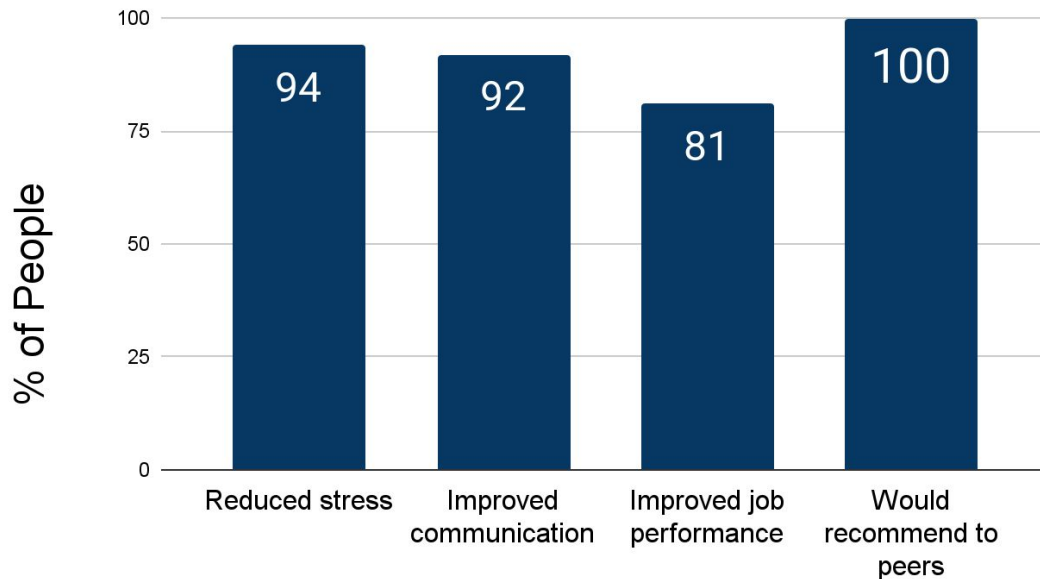


High feasibility under frontline workload

Study with 803 frontline health professionals

During the Pandemic

SKY Group: In 3 days



[Saaticioglu et al., 2022](#)

University of Oslo, Norway

JCO Oncology Practice



Adoption in healthcare settings

15,500+

healthcare professionals supported

55,000+

frontline workers during the pandemic

Across routine care and crisis settings



SKY and Women

Physiological stress , hormonal transition, and quality of life across life stages





SKY Supports Palliative Care in Breast Cancer

Study with 147 breast cancer patients

SKY Group: In 3 months

- **19% reduction** in cortisol levels
- **2–3 point reduction** in pain intensity

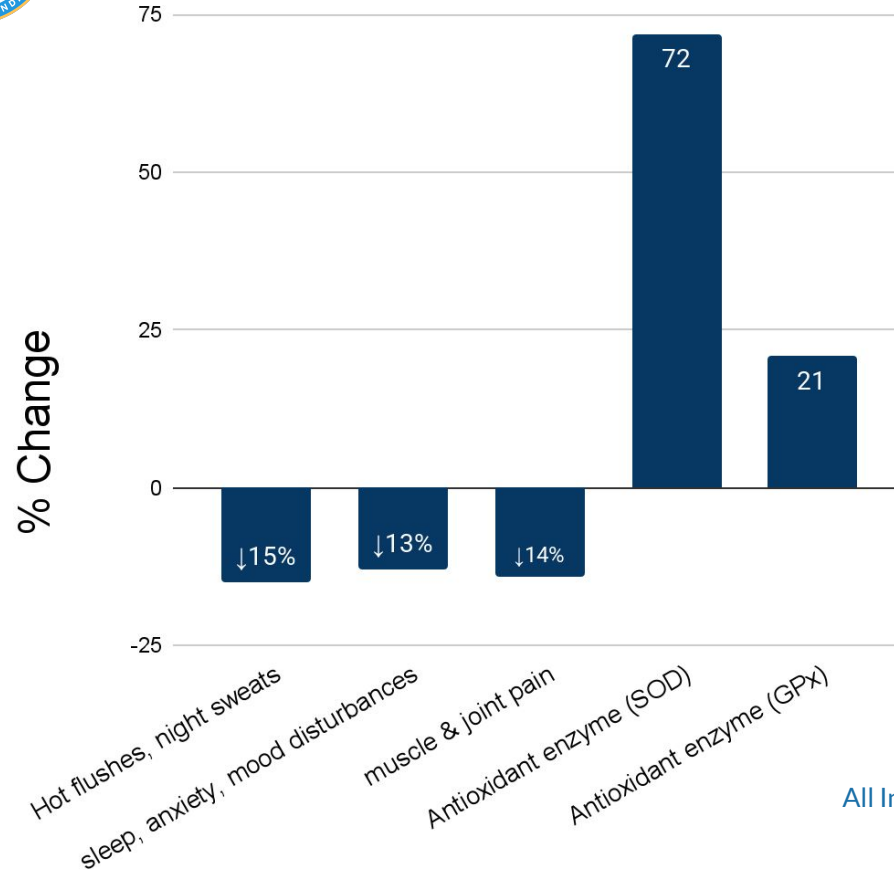


[Kumar et al., 2013](#)

Indian Council of Medical Research (ICMR)
All India Institute of Medical Sciences, New Delhi, India
Indian Journal of Palliative Care



Menopause: sustained symptom reduction



65 Women Aged 40 - 50
SKY Group: After 1 year



[Swain et al., 2021](#)

All India Institute of Medical Sciences (AIIMS), Bhubaneswar, Odisha, India
Journal of Obstetrics and Gynaecology Research



Women & Girls — Community Impact

111,000+

women trained in income-generating and vocational skills

200,000+

girls educated in menstrual health across **11 countries**

6,000+

women leaders from **100+ countries** engaged through leadership forums



PTSD and At-Risk Communities

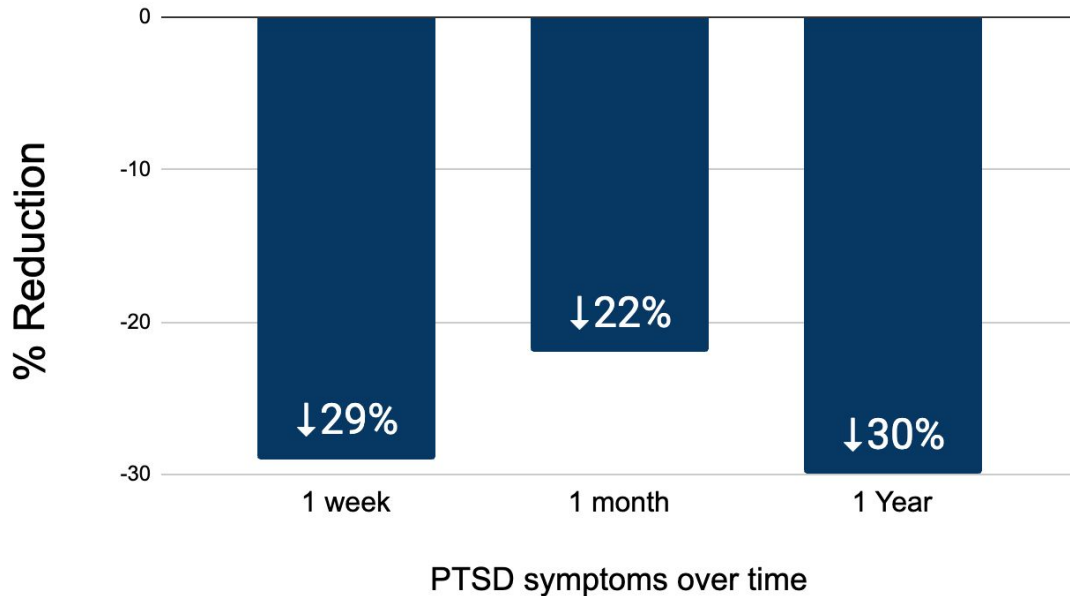
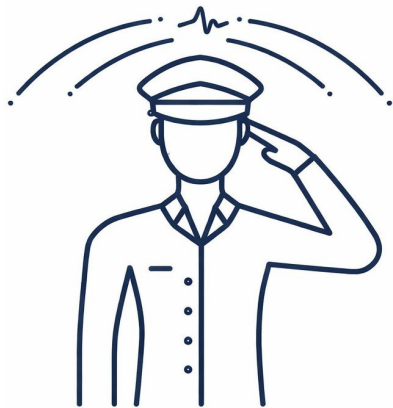
Hyper-arousal · Chronic stress · Emotional dysregulation





Rapid and sustained reduction in PTSD symptoms

21 War Veterans with PTSD
SKY Group: Over 1 Year

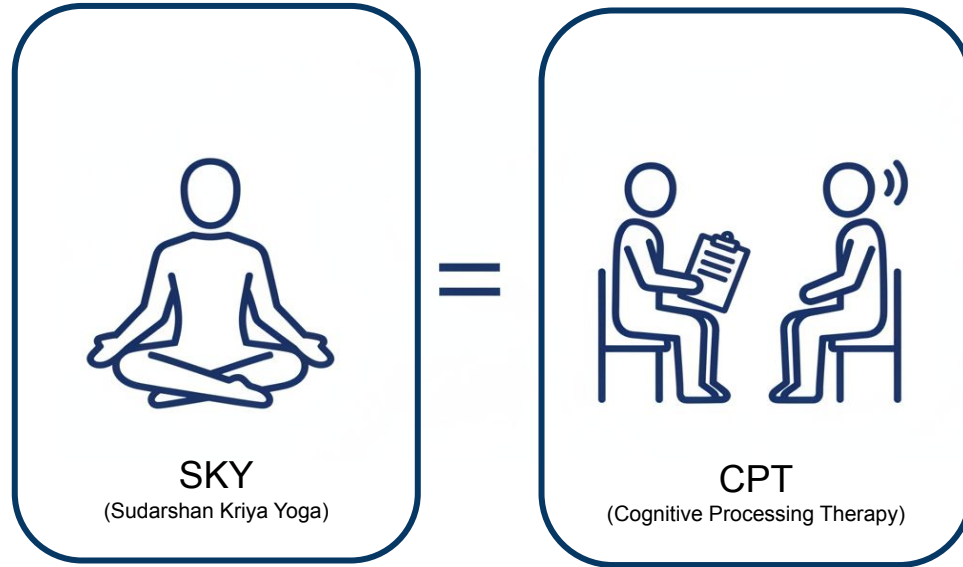


[Seppälä et al., 2014.](#)

Stanford University, California; University of Wisconsin-Madison, Wisconsin, USA
Journal of Traumatic Stress



Comparable outcomes to standard PTSD therapy



Study with 85 veterans SKY
Group in 6 weeks

- Reduced PTSD symptoms
- Reduced depression symptoms
- Improved overall mood
- As effective as CPT

[Bayley et al., 2022.](#)

War Related Illness and Injury Study Center, California, USA, Stanford University, California, USA

BMJ Open



Application across trauma-exposed settings

800,000+

prisoners supported across 65 countries

5.6+ million

people reached through disaster and war-zone programmes



Applied at Scale, in High-Stress Realities

5+ million

youth received well-being and resilience programs

500,000+

corporate leaders trained in stress-resilient leadership

400,000+

government employees trained in clarity, resilience, and ethical leadership



Trauma, Crisis & High-Stress Settings

5.6+ million

people supported in **war zones**,
disaster areas, slums, and refugee
settlements

800,000+

prisoners rehabilitated across 65
countries

55,000+

frontline workers completed
stress-healing programs during
COVID-19



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TOPIC

POPULATION

INTERVENTION

DURATION

LOCATION

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Questions: researchstudies@ssiar.org

