

SRI SRI INSTITUTE FOR ADVANCED RESEARCH

The Art of Living Research Wing



Sharing science with care

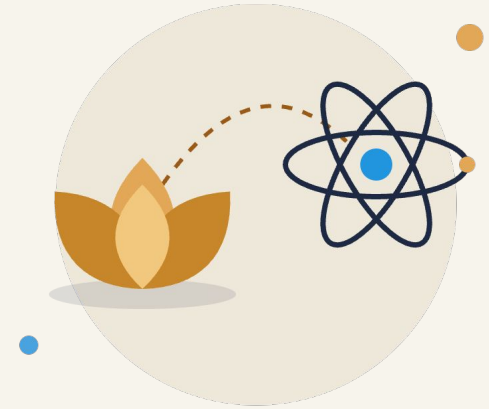
A user guide to the Art of Living Research website, our science communication portal: its purpose, its principles, and how to use and cite its content

For readers, practitioners, teachers, volunteers, researchers and partners



A trusted home for research on Ancient Systems of Knowledge

We curate, fact-check and translate research into clear, engaging stories, bridging contemplative traditions and modern science for curious minds everywhere.



Essays



News



Data stories

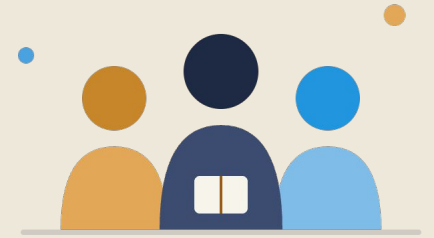


Infographics



Multimedia

Made for every kind of reader



Who it serves

The general public

Art of Living teachers and internal stakeholders

Volunteers and practitioners

Researchers and collaborators

Influencers, policy advocates and funders

Getting the most from it



Browse by interest. Content is grouped into categories for different readers.



Search and filter. Find the studies and stories you need, fast.



Start on the homepage. Timely themes in health, wellness, meditation, yoga and planetary well-being.

Six things we never compromise on

Rigorous evidence

Peer-reviewed research and validated data only. No speculation.

Careful fact-checking

Every claim is verified against the original study by a person.

No exaggeration

Findings stay within the scope and limits the research supports.

Scientific neutrality

No narrative, advocacy or marketing angle shapes the science.

Accessible summaries

Plain language for non-experts, without changing the meaning.

Clear attribution

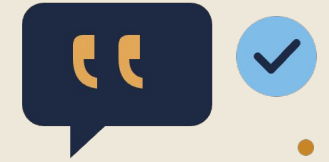
Original authors credited; evidence, emerging work and opinion kept distinct.

AI supports. Trained people lead.

Every summary, insight and visual is reviewed by people against the primary research before it is published.

That is why our content should not be remixed or reassembled into new claims without the same care.





Credit what you use



Quoting word for word

Add this credit line to your post or creative:

“Research Curated by
SSIAR”



Paraphrasing a finding

Keep it accurate and cite the original study as First Author et al., Year:

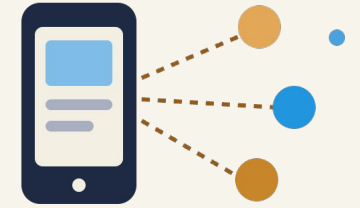
(Qu et al., 2013)



Using images or data visuals

Credit the source on the visual itself and follow its copyright and licensing terms.

Credit + licence, always



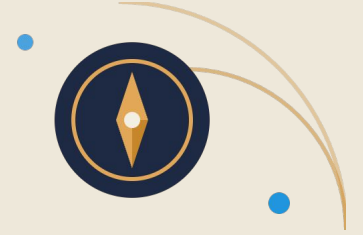
On social media and beyond

✓ Please do

- Share portal links for personal, educational, non-commercial use
- Credit SSIAR and cite the original authors
- Use plain language without changing the meaning
- Keep the limitations a study states
- Ask us first whenever you are unsure

⚠ Please don't

- Post full reports, PDFs or large excerpts without permission
- Share screenshots, scans or photocopies of our content
- Combine studies in ways that distort their findings
- Exaggerate, or present early findings as fact
- Use findings for promotion or profit without permission



A few last things

Information, not advice

Our content educates and informs. It is not medical, legal or professional advice.

Outside links

We don't control third-party sites. Check their terms before using their content.

Terms may evolve

Using the portal means accepting the latest version of our Terms of Use.

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