

# Examining the impact of a restorative breath-based intervention “Sudarshan Kriya Yoga” at work: a field experiment

**Prof. Raina Chhajer, Indian Institute of Management, Indore**

**Prof. Chirag Dagar, XLRI, Jamshedpur**

Original research article

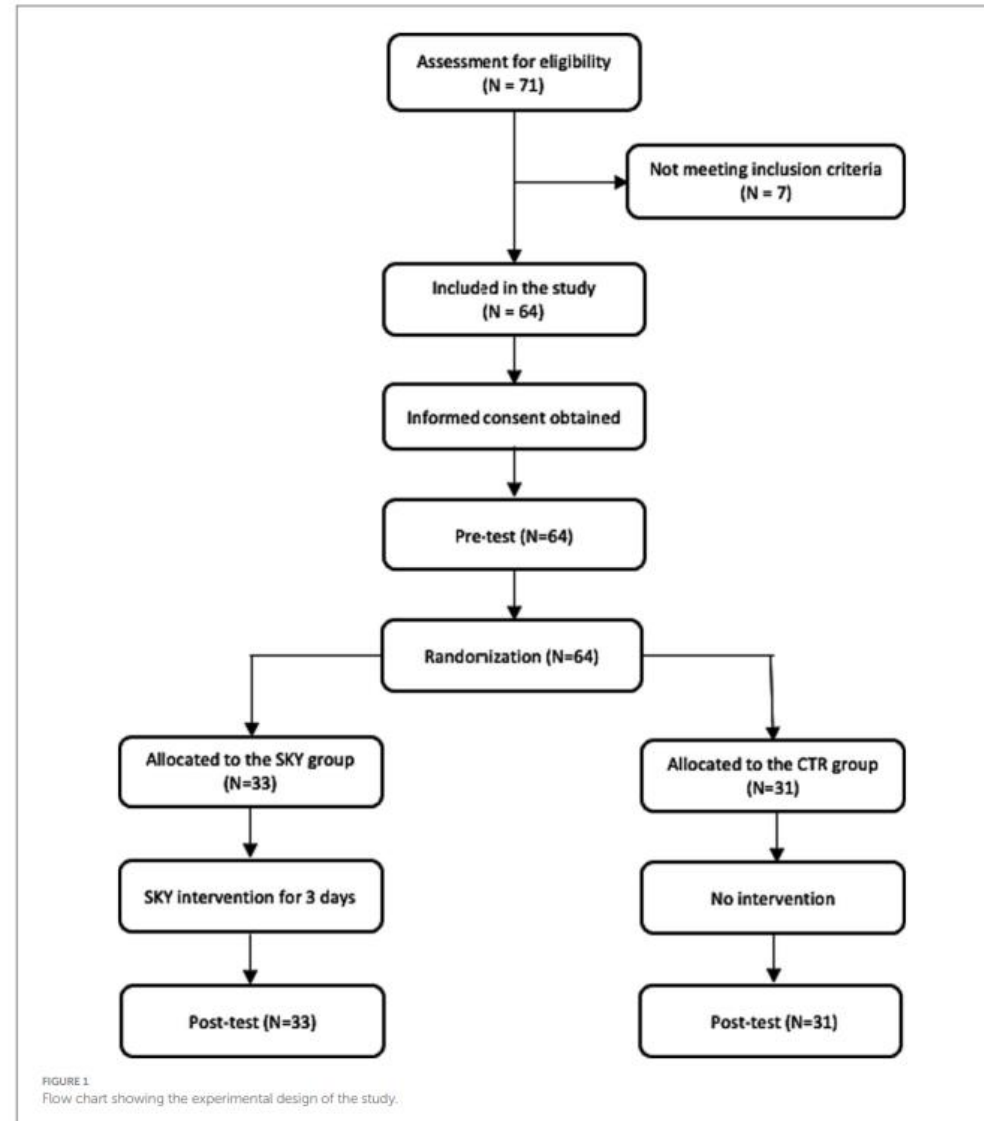
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# Research Design

**Background:** Human capital plays a crucial role in the success of an organization and further contributes to the broader goals of growth and development of society. In this regard, *it is essential to ensure the well-being of employees at the workplace.* Given the positive impact of yoga on psycho-physiological aspects of health, *this study aims to examine the impact of a breath-based yogic intervention, Sudarshan Kriya Yoga (SKY),* on stress, anxiety, thriving, general health, emotional well-being, social well-being, and psychological well-being *among employees of a leading manufacturing firm in India.*



**Methods:** Undertaking a *randomized-control experiment* design (n = 64), we examined the impact of SKY on stress, anxiety, thriving, general health, and emotional, social, and psychological well-being. Two certified instructors conducted *the APEX program with SKY intervention in a retreat format over 3 days.*

# Findings

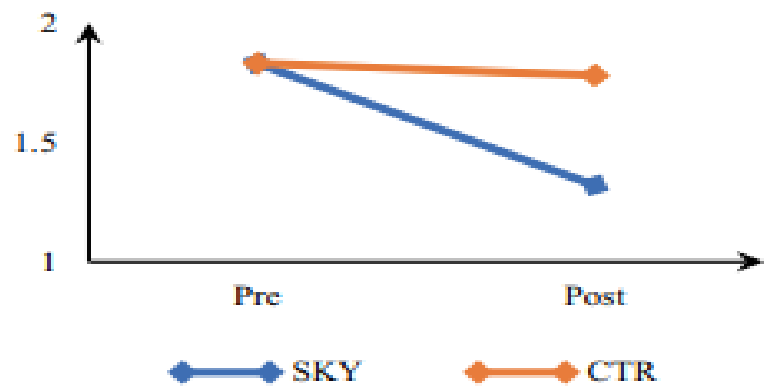


FIGURE 2  
Pre-post comparison of stress.

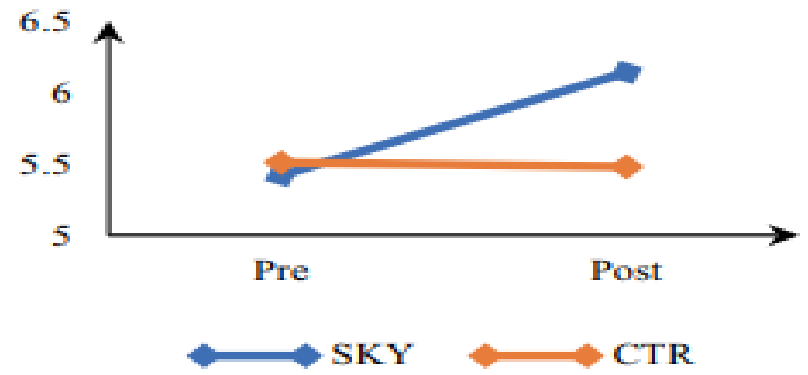


FIGURE 4  
Pre-post comparison of thriving.

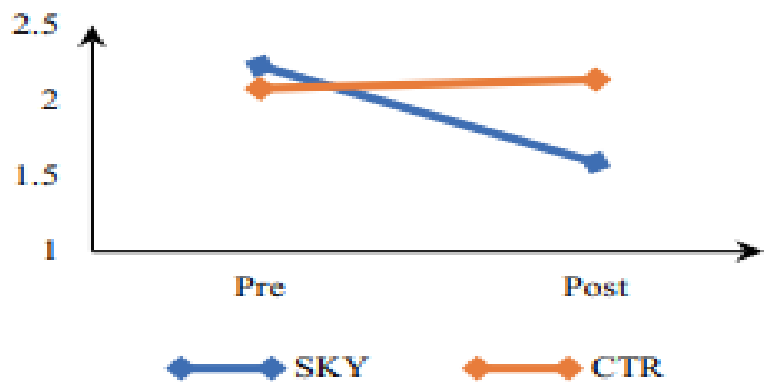


FIGURE 3  
Pre-post comparison of anxiety.

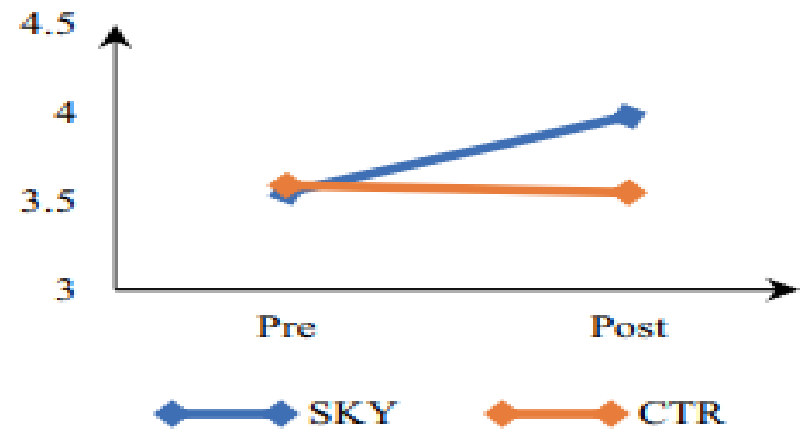
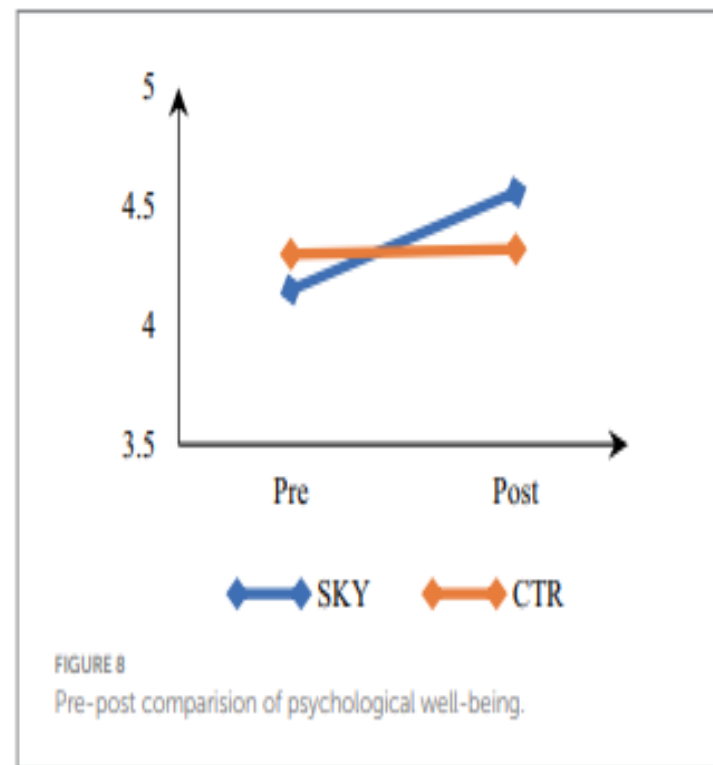
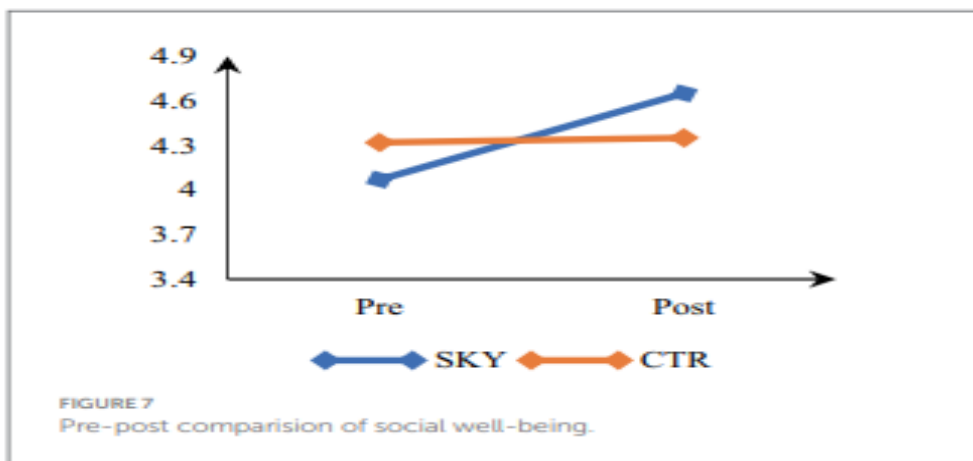
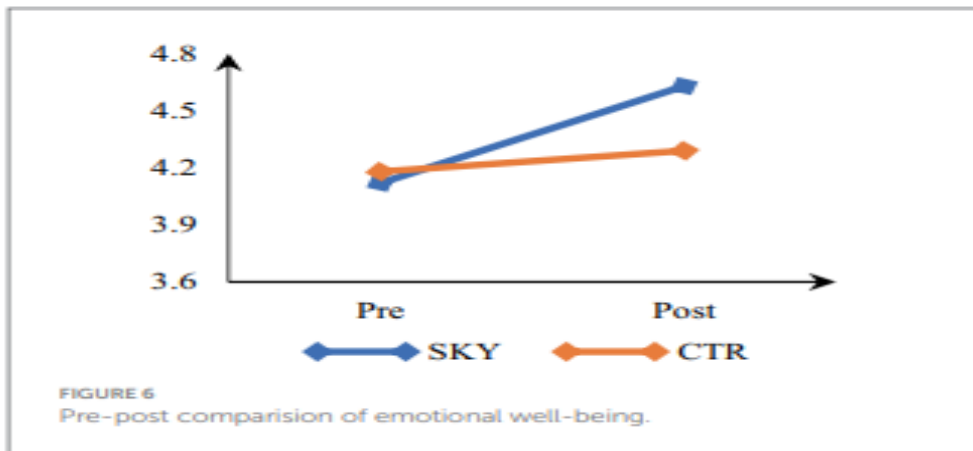


FIGURE 5  
Pre-post comparison of general health.

# Findings

**Results:** The analysis demonstrated positive outcomes across various aspects of participants' well-being, i.e., it **significantly reduced their stress and anxiety** and **increased the levels of thriving, general health, and emotional, social, and psychological well-being**. These findings are valuable for understanding the potential benefits of the SKY intervention



**Discussion:** The findings provide support for considering SKY as a potential well-being intervention for employers at the workplace and society at large

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