

## Exploring Biopsychosocial Benefits of SKY Yoga Practitioners

Dr. D. Rathidevi<sup>1\*</sup>

### ABSTRACT

**Overview:** The spread of yoga and its philosophy around the world has been greatly aided by the Bhagavad Gita. Spiritual guru Shri Vethathiri Maharishi developed the SKY Yoga [Simplified Kundalini Yoga] method to change human existence with health, serenity, happiness, and prosperity after years of intense meditation, yogic practices, study, and spiritual awakenings. **Aim:** To present five case studies that illustrate how yoga helps practitioners who have been practicing SKY Yoga for years to reduce or overcome a range of physical and mental health issues within the framework of biopsychosocial factors, or the biological, psychological, and social components. **Methodology:** An in-depth case study of SKY yoga practitioners using the interview method. **Results:** Based on a thorough examination of case study reports, it seems that practicing SKY Yoga for years has helped people deal with psychological distress like tension and anxiety as well as related issues like sleeplessness, appetite loss, anger, shyness, and inferiority complexes that cause them to withdraw from others. Diabetes, back pain, body pain, cervical spondylitis, obesity, and respiratory problems were all treated with the persistent SKY Yoga practice. One characteristic of yoga practitioners that stood out was their improved capacity to maintain positive relationships with friends, family, and other elements of society. It has been demonstrated that practicing yoga can reduce the requirement for hypertension medication. Additionally, it demonstrated a notable decrease symptoms of long-term COVID complications, such as obesity, exhaustion, and acute respiratory distress syndrome.

**Keywords:** SKY yoga, biopsychosocial, benefits & Yoga Practitioners

### Simplified Kundalini Yoga (SKY)

After decades of practice, reflection, and study, the founder, Shri Vethathiri Maharishi, developed Simplified Kundalini Yoga (SKY). Vethathiri Maharishi developed it using his introspective understanding of Ayurvedic, Siddha, and homeopathic medicine as well as Ancient Indian Yogic Practices. Simplified Kundalini Yoga, or SKY, was created by Yogiraj Vethathiri Maharishi as a mental, physical, and spiritual practice that promotes character, strength, consciousness, and awareness. The Pranayama, Acupressure, Asanas, and Meditation techniques of Simplified Kundalini Yoga improve awareness about one's physical body and better prepare the mind, body, and nervous system to handle life energy. Included in the SKY Yoga system are: i) Easy Health Physical Exercises ii) Inner Peace Meditation Techniques iii) Anti-Aging Kaya Kalpa Yoga iv) Happiness Through Introspection.

<sup>1</sup>Assistant Professor, Department of Psychology, SA College of Arts and Science.

\*Corresponding Author

Received: November 22, 2024; Revision Received: February 20, 2025; Accepted: February 24, 2025

### **SKY Simplified Physical Exercises for Health**

Simple physical activities are intended to promote good physical health by controlling the body's circulation of blood heat, air energy, biomagnetism, and life force. It strengthens the immune system, which helps prevent and treat a variety of illnesses.

### **Simplified Kundalini Yoga (SKY) Meditation Practice**

“Meditation is a practice to commune the consciousness with the vast universe.”  
– Shri Vethathiri Maharishi.

Agna Chakra (between the eyebrows), Shanti Yoga, Thuriya Yoga (focusing on the crown chakra), Thuriateeth Yoga, Panchentria Meditation (meditating on the five senses of the human body), Pancha Bootha Navagraha Meditation (meditating on the five elements of nature), Manonmani, Nithyanandam, and Nine Point Meditation (Onbothu Maiyam) are some of the different types of mediation. It is advantageous to employ the life force as the object of meditation because it enables one to achieve the most subtle frequency, which raises consciousness and promotes improved comprehension and mental clarity.

Sincere meditation improves our awareness of the cause-and-effect chain in all of our actions and provides us with mental control over our senses. Kundalini is the essential energy of the mind and body. Frequent application of these enhances one's biomagnetism for maximum mental and physical strength.

### **SKY - Kaya Kalpa Yoga for Anti-Aging**

It is a practice formulated by ‘Siddhas’, the wise ancestral sages, to strengthen the vital energy and thus enhance the quality of life. It can be done by those who have attained physical maturity (age above 14) in morning and evening for 5 minutes. Its three goals are to: (i) preserve physical health and youthfulness; (ii) resist aging; and (iii) live a long and fulfilling quality life.

Kaya Kalpa strengthens our life energy, which has major benefits for our physical, mental, and spiritual well-being. There are no drugs or herbal remedies used in this therapy because it is a natural process that restructures the body. Notable outcomes have been noted in the treatment of chronic illnesses, hereditary diseases of various kinds, and general health improvement. In addition to relieving the practitioner of numerous age-related problems, Kaya Kalpa aids in the treatment and prevention of illness.

### **SKY - Introspection for Happiness**

A useful technique for directing the unpleasant emotions of avarice, rage, retaliation, anxiety, etc. is introspection. i) Analyzing one's thoughts, ii) simplifying one's desires, iii) Anger neutralization, iv) Worry eradication, and v) Self-realization are the various aspects of introspection methods.

## **LITERATURE REVIEW**

Aruna, Perumal & Thavamani (2019) reported that Sky Yoga with proper food diet helped in knowing our body ourselves very well among middle-aged working women (30-35 years).

Saradha (2019) reported that 16 weeks training of in Simplified Kundalini Yoga for women college students had significantly reduced Depression, Stress, and Anxiety symptoms.

## Exploring Biopsychosocial Benefits of SKY Yoga Practitioners

Saradha & Rajam (2017) reported that the 16-week training of the Kundalini yoga training group had significant improvement over the yogic practice group in muscular strength endurance but similar in flexibility.

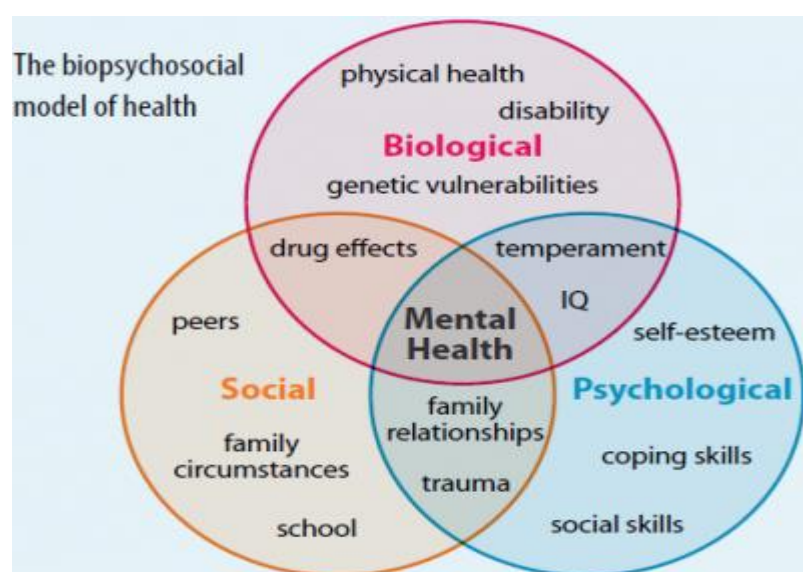
Haridass & Valliammal (2016) conducted an experimental study on women cotton mill workers with 6 weeks of kundalini yoga practice. It was found that the kundalini yoga practices positively impacted peak expiratory flow rate and total lung capacity among women cotton mill workers and improved compared to the pre-test.

Rajasekaran & Perumal (2014) reported that the vethathiri maharishi yoga practice lowers the blood sugar levels of patients with type 2 diabetes, and many of them also report feeling better overall, more at ease and content, and less anxious.

Shanthi & Perumal (2013) reported that Polycystic ovarian syndrome patients got good results by practicing the Kayakalpam yoga for 3 months, moreover, it reduces body weight and also controls the blood glucose level, which in turn regulates the ovarian pathway. Through Kayakalpam yoga the vital force is channeled up, stimulating all the functions of the nerve plexus as well as the endocrine glands that are responsible for Secreting hormones.

### ***Biopsychosocial Model***

This paradigm was developed and published in 1980 by psychiatrist George L. Engel in 1977. In order to understand a person's medical condition, it considers not only biological aspects but also psychological and social components (Gatchel, 2007). This model approaches health in three ways: social (socioeconomic status, relationships, peer relationships, and social support); psychological (behavior, attitudes, coping mechanisms, self-efficacy, self-esteem, and emotions); and physical (health). According to this theory, each of these components plays a critical role in both health and disease. This study made a novel attempt to identify the biopsychosocial components of the advantages experienced by SKY Yoga practitioners.



***Image Source:*** [https://en.wikipedia.org/wiki/Biopsychosocial\\_model](https://en.wikipedia.org/wiki/Biopsychosocial_model)

### ***The objective of the research***

To explore the biological, psychological, and social benefits of SKY Yoga practice among yoga practitioners.

## Exploring Biopsychosocial Benefits of SKY Yoga Practitioners

### **Research Question**

Will the continuous practice of SKY Yoga have an impact on the biological, psychological, and social elements of yoga practitioners?

### **METHODOLOGY**

The bio-psycho-social benefits obtained by people, who attended Yoga classes in the manavalakalai mandrams were observed and interviewed through the case study research method. The reports from these sources are presented as case studies in this paper.

### **Data collection procedure**

The benefits obtained by people, who attended SKY Yoga classes were collected through the interview method. The participants were selected from the Ambal Nagar Manavalakkalai Mandram who practices Yoga for at least one-year duration continuously.

### **Case Presentation**

#### **Case 1:**

A middle-aged woman aged 43 has Chronic obstructive pulmonary disease (COPD) which is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production, and wheezing. She got frequent lung infections and was regularly on antibiotics. She is a COVID survivor and developed long Covid complications. Due to the administration of steroids for survival, one of the side effects faced by her is sudden weight gain (7 kg gain in addition to her 83 kg). Despite diet control (complete avoidance of milk, and sugar; limited intake of rice and oily foods) she was not able to shed even 500 grams. She developed anxiety post-infection and started fearing even for heaviness in her head. She had got relieved from these symptoms after 10 months of practice of kaya kalpa, SKY yoga, and guided meditation. She attended the yoga classes regularly for 5 days per week with Weekly once a session on introspection. About four months of Yoga practice resulted in positive changes in her breathing pattern, with total freedom from breathing issues after eight months. Now she can walk for 45 minutes without gasping for breath. She had High blood pressure of around 150 /100 mm/hg (before yoga practice), and now her Blood pressure is around 110/88. Her General Physician has reduced the Medication dosage (Telmisartan 40mg to 20 mg). Now her anxiety level and high Blood pressure have reduced. She can maintain good relationships with the people around her which was challenging earlier. Henceforth she was able to carry out her daily activities with great energy level and self-satisfaction. Her confidence level has also improved.

*I'm lot more conscious of my pranayama, or breathing techniques, which are also a component of SKY Yoga. My capacity for breathing has improved, and I'm glad that doing SKY Yoga has prevented my recurrent lung illnesses. My knowledge of my body's numerous functioning has increased because to yoga. I feel stronger and more self-assured overall.*

#### **Case 2:**

A middle-aged businessman aged 47 years started learning yoga exercises in search of some remedy for his state of confused mind. He has been married for 17 years and has 3 children. He learned the kaya Kalpa exercise with the help of an experienced teacher and practiced it religiously. He felt the changes both physically and mentally. Felt colossal energy and had the feeling of heightened self-confidence that he could achieve anything in his life. He felt unexplained happiness after practicing kaya kalpa.

## Exploring Biopsychosocial Benefits of SKY Yoga Practitioners

In addition to practicing Magarasana, a pose in SKY yoga, he was taking homeopathic medications for his back pain. He was able to recuperate from his back pain. He learned the exercises correctly from seasoned instructors in his mandram, who also pointed out his errors while he practiced.

Another interesting aspect to share is meditation, on practicing regularly he views the problems, worries, and sadness as temporary and solvable. He realized through Satsang that karma determines the underlying causes of issues. He felt that external conditions also favored him based on his ideas, and he was able to accept what was happening around him via consistent practice. He was able to develop a friendly relationship with his business partners and employees, which was challenging in the past, and he had a favorable work environment. He can manage anger by reflecting on the Neutralization of anger and resentment. He was able to be compassionate, calm, vivacious, and resilient in his life by engaging in SKY, Kayakalpam, meditation, and introspection practices.

*"I stopped blaming others for my difficulties after realizing that they were caused by Karma. Being knowledgeable about this topic, practicing, and instructing others is a heavenly gift. It is a one-stop shop for all earthly concerns.*

### Case 3:

A young woman aged 37 years, married, and has a kid who is 4 years old. She is a religious person who believes that When God is with us everything is possible. Recently she authored a book for kids and published the same. She has been practicing yoga and meditation for 2 years. She is working in a private concern as a content writer. She had developed post-partum depression after the delivery of her son. Symptoms include an emotionally imbalanced state, a state of fear, worry for no reason, and crying most of the time. She had the feeling of fear of dying. Since it happened during the COVID-19 Lockdown period she couldn't get proper treatment.

Since She doesn't want to take pharmacological treatment; approached a homeopathic doctor for postpartum depression. In search of alternate therapy for medication, she found the manavalakalai mandram nearby. She was attracted by the beautiful and meaningful wishing/greeting/blessing phrase VAAZHGA VALAMUDAM which means "Long live with prosperity and all riches". While practicing kayakalpam, she was able to connect with the soul. After practicing yoga for one hour feel confident, energetic, and able to manage work and everyday activities.

She had emotional outbursts, confusion, and tension during the pre-menstrual period. Introspection classes helped her to identify the reason behind her anger, the physical and psychological, and bio-magnetic impact of anger, need to neutralize the anger. She is now able to manage her anger outbursts.

Two years of practice of SKY yoga, meditation, and introspection has been found to have significantly reduced depression, stress, and anxiety. In support of this Study by Saradha (2019), also reported that the practice of Simplified Kundalini Yoga significantly decreased Depression, Stress, and Anxiety levels.

*"Delivery a baby in the midst of pandemic is the worst nightmare a mother could have. I am attracted towards the term VAAZHGA VALAMUDAM which means Long live with prosperity and all riches. Practicing this helped me to develop a cordial relationship with the people around me and also overcome fear and anxiety"*

## Exploring Biopsychosocial Benefits of SKY Yoga Practitioners

### Case 4:

A young woman aged 37 years, married and having two sons aged 20 and 18. She got married at an early age to a relative in a village. She had a hysterectomy and developed back ache post-surgery. Gradually developed nervous problems and Stiffness in muscles post-completion of household chores. She felt lonely when all her family members go out to work and educational institutions. She becomes agitated and anxious about her future since she is lonely. She felt insecure as if she had nobody in her life. After practicing yoga for 14 months, She has good flexibility in her body muscles. Feeling relaxed at her spines. She feels that her Decision-making ability has improved in her life. The results were incredible. She was able to completely solve her issue. She started showing compassion towards her physique, which resulted in her determination to do the yoga exercises every day irrespective of the time constraints. To stay busy and support herself, she opened her own tailoring business. She started her career with confidence and supported her family.

*I was able to effectively manage my teenage children and feel good about myself by engaging in yoga, meditation, Kayakalpam, and introspection. Mandram makes me feel as though I've entered a temple where all of my anxieties have been replaced by successful adjustments in my personal and professional life.*

### Case 5:

A middle-aged woman now in her 46 years old who has been practicing yoga for 13 years. She lives in a nuclear family with her husband, and two children aged 24 and 21 years respectively. She is taking care of her husband's business too. As a couple they learned yoga exercises and meditation, with immense interest in this field she pursued an M.A. in Yoga and a Diploma in Yoga therapy. Her husband encouraged her to do teacher training in Yoga. She describes the mandram as a temple, where she got answers to her prayers.

Before practicing yoga, there was constant worrying; beating children for not studying; Angry outbursts for silly reasons; repeated rumination of hurt feelings, and obsessive negative feelings about past events.

When she does Yoga exercises she feels fresh and energetic throughout the day. Whenever she feels tired she corrects her physical exertion through yoga as it keeps her in a high energy level. She has no complaints of High Blood Pressure and Diabetes, though she is vulnerable as their parents are diabetic and BP patients. Through this approach, she has maintained her weight of 58 kg for 13 years. With the constant self-affirmation of doing good to others and not doing harm to others, she says that she is not able to think about doing wrong to anybody.

With the practice of meditation regularly, she feels relaxed and calm in her everyday routines at home and business. Her decision-making ability has improved considerably. She stopped worrying about petty things, and acceptance of self and others had improved. Though she has irregular periods since she is in her pre-menopausal stage, no other physical ailments and psychological distress namely irritability, angry outbursts, or excessive worrying is not observed. Her life has changed because yoga and meditation help her stay young and healthy.

*For me, Mandram is like a temple where I can leave all of my troubles, engage in physical exercises to reduce pain and suffering and meditate to stay upbeat and energized. Now able to manage employees with a range of ages and cognitive styles in my company. It helps me to stay younger.*

## Exploring Biopsychosocial Benefits of SKY Yoga Practitioners

### *Interpretation*

**Table 1 Improvement of Bio psycho socio factors of Yoga Practitioners**

	Biological factors		Psychological factors		Social factors	
	Before	After	Before	After	Before	After
Case 1	Chronic obstructive pulmonary disease, Constipation, Obesity, Irritable bowel syndrome & High BP	Breathing difficulties has reduced, healthy bowel activities, Lost 6 kgs , Maintaining normal level of blood pressure with the help of low-dosage medication	Anxiety, negative thoughts	Relaxed and enjoy the life with a positive approach	lacks interpersonal relationship	Cordial relationship with friends and family members
Case 2	Back pain	Back strengthened	Confused state of mind, anger	Clarity in thoughts Manage anger and Unexplained happiness	Problems with coworkers	Relationships has improved with the employees and business partner
Case 3	Obesity	Lost 5 kgs	post-partum depression, Fear of dying due to COVID-19, pre-menstrual symptoms like emotional outbursts, confusion, tremors and tension	reduced depression symptoms, stress, and anxiety.  Feeling confident, and energetic, have a great Zeal for life.		
Case 4	Back ache post-surgery, Stiffness in muscles	Got relieved	Lonely, insecure	Improved decision-making, Self-compassionate	Lack of confidence in communicating with customers and family members.	Relationships with the family members have improved. Developed a good network with the help of improved Communication.
Case 5	Neck Pain, Premenstrual symptoms	Energetic, No complaints of High BP and Diabetes. Maintain ideal weight without any diet or physical exercises other than yoga practice.	beating children, Angry outbursts, and repetition of hurt feelings.	Loving and caring towards children, good e Relationship with Spouse. Better decision-making ability. Feeling motivated to do more chores, better management of work-life balance		Maintain good interpersonal relationship with employee and family members

## **DISCUSSION**

### ***Biological factors***

There is evidence from prehistoric societies supporting the importance of exercise in maintaining good health and recovering from injury. The search for alternate therapeutic techniques has increased. From the understanding of case studies, the majority of them preferred an alternate therapy for their Physical ailments namely breathing difficulties, constipation, obesity, back Pain, Neck Pain, High Blood Pressure, Stiffness in muscles, and Premenstrual symptoms. One such benefit of yoga practice is a decrease in the need for hypertension medication. Moreover, it showed a significant reduction in the long COVID complications like Acute respiratory distress syndrome, fatigue, and obesity.

After continuous practice of SKY Yoga, Kayakalpam, and meditation for one year and above, they found a profound improvement in their reduction of physical symptoms and improvement in general health. Since the focus of Kayakalpa yoga is on energy regulation, breathing exercises, and relaxation techniques, provides significant physical, mental as well as spiritual benefits by intensifying the life force.

A rigorous and regular yoga practice combined with a healthy diet helped them to resolve a lot of health issues. Avoiding fried foods, fast food, sugar, soft drinks, and other similar items is also a good idea if you want to get the most out of your yoga practice. It was observed that none of them had diabetes. Tandon (2012) also reported that various physiological and psychological changes occur when someone practices yoga with a yogic attitude.

### ***Psychological factors***

It was inferred from the above case studies that there is an improvement in self-confidence, self-esteem, Perceived body image, self-regulation, and emotion regulation; and a reduction in anxiety, stress, postpartum depression, and anger. In the majority of the interventions-based research (Muzik, et.al, 2013; Field, et.al 2013 & Manincor, Bensoussan, Smith 2016), yoga was reported to be useful as an adjunctive method of therapy and treatment for depression symptoms. Additionally, according to Duan-Porter et al., (2016) yoga practice is effective in reducing symptoms of depressive disorders, general anxiety disorder (GAD), panic disorder (PD), and posttraumatic stress disorder (PTSD) in adults. It also enhances psychological conditions for stress monitoring and management, elevates pleasant emotions, and supports mental equilibrium.

### ***Social Factors***

Yoga Practice can assist with gaining self-assurance, learning to concentrate and be conscious, interacting with others, and practicing constructive communication methods (Shanker & Pradhan,2023). These abilities are necessary for growing in a social setting and forming wholesome relationships. Yoga provides practitioners with a variety of physical advantages, such as increased strength, flexibility, and coordination, but it also fosters socio-emotional growth. From the case studies it was observed that people with Social withdrawal, and poor interpersonal relationships with family members and others were able to relate well with family members and others in the society. They can maintain affable relationships with the people around them. Practicing yoga would help us comprehend the physical state and how it influences thoughts and emotions. This increased self-awareness helps them make decisions and take actions that benefit themselves and those around them.

### CONCLUSION

Flexibility, muscular strength, physical fitness, breathing, decision-making, confidence level, interpersonal relationships, socioemotional development, and problem-solving skills have all been reported to increase with the continuous practice of simplified Kundalini yoga.

Continuous practice of SKY Yoga had a profound impact on the biological, psychological, and social elements of yoga practitioners. The benefits of yoga and meditation for both physical and mental well-being are drawing more and more attention from the general population. It would be more beneficial if yoga centers, residents' associations, and other educational institutions and governments orient the public about the various advantages of yoga, meditation, and other practices. Moreover, yoga practice must be made compulsory for school students who are the pillars of our nation. This would encourage more people to learn and use these practices to achieve physical, mental, and social wellness.

### *Limitation*

This case study is based on an in-depth study of 5 Yoga practitioners in one Mandram only. An empirical study with large samples would provide a comprehensive understanding of the biopsychosocial impact of yoga practice.

### *For further research*

The impact of yoga, meditation, and Kayakalpam practice on the biopsychosocial factors of yoga practitioners was reported. An intervention study could be done with the student population to alleviate their physical, psychological, and social distress in everyday life.

### REFERENCES

- Aruna R. Gwalani et al. (2019). Comparative Study of SKY Yoga with Diet And only SKY Yoga on Body Balancing of Middle Age Women. *Int J Recent Sci Res.* 10(08), pp. 34186-34188. DOI: <http://dx.doi.org/10.24327/ijrsr.2019.1008.3839>.
- Devadasan, N., & Chandran, M. (2023). Case Studies on the Benefits of Yoga Practice. *Sasthra - The Ind. J. Sci. & Technol.*, (2023) - 4(2): 55-59
- Duan-Porter W, Coeytaux RR, McDuffie JR, Goode AP, Sharma P, Mennella H, et al. Evidence map of yoga for depression, anxiety, and posttraumatic stress disorder. *J Phys Act Health.* 2016; 13:281–8.
- Field T, Diego M, Delgado J, Medina L. Tai chi/yoga reduces prenatal depression, anxiety and sleep disturbances. *Complement Ther Clin Pract.* 2013; 19:6–10.
- Gatchel, Robert J., Peng, Yuan Bo, Peters, Madelon, L.; Fuchs, Perry, N.; Turk, Dennis C. 2007 The biopsychosocial approach to chronic pain: Scientific advances and future directions *Psychological Bulletin*, Vol 133(4), 581-624.
- Haridass, P., & Valliammal, G.R. (2016). Influence of Kundalini Yoga Practices on Peak Expiratory Flow Rate and Total Lung Capacity among Women Cotton Mill Workers. *International Journal of Recent International Journal of Recent Research and Applied Studies.*
- Manincor M, Bensoussan A, Smith CA, et al. Individualized yoga for reducing depression and anxiety, and improving well-being: a randomized controlled trial. *Depress Anxiety.* 2016; 33:816–828.
- Muzik M, Hamilton SE, Lisa Rosenblum K, Waxler E, Hadi Z. Mindfulness yoga during pregnancy for psychiatrically at-risk women: preliminary results from a pilot feasibility study. *Complement Ther Clin Pract.* 2012; 18:235–240.
- Rajasekaran, Perumal. (2014). Role of Vethathiri Maharishi's Kaya Kalpa Technique and Simplified Physical Exercise (Maharasana) in the Management of Type-2 Diabetes

## Exploring Biopsychosocial Benefits of SKY Yoga Practitioners

- Mellitus-A Pilot Trial. *Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy* ISSN: 2278-2214 (online), ISSN: 2321-6484 (print) Volume 3, Issue 3 [www.stmjournals.com](http://www.stmjournals.com)
- Saradha, M. (2019). Effect of simplified kundalini yoga on selected psychological variables of college women students. *International Journal of Adapted Physical Education & Yoga*, Vol. 4, No. 3, pp. 1
- Saradha, M. (2019). Effect of simplified kundalini yoga on selected psychological variables of college women students. *International Journal of Adapted Physical Education & Yoga*, Vol. 4, No. 3, pp. 1 to 13.
- Saradha, M., & Rajam. A. (2017). Effect of kundalini yoga and yogic practices on selected physical fitness variables of college women students. *International Journal of Adapted Physical Education & Yoga*, Vol. 2, No. 4, pp. 1 to 14.
- Shanker, S., & Pradhan, B. (2023). Effect of yoga on the social responsiveness and problem behaviors of children with ASD in special schools: A randomized controlled trial, *Explore*, Volume 19, Issue 4, 2023, Pages 594-599, ISSN 1550-8307, <https://doi.org/10.1016/j.explore.2022.12.004>.
- Shanthi, S. & Perumal, K. (2013). Psycho Physiological Effect of Vethathiri Maharishi's Kayakalpa Yoga on PCOS – Clinical Trial. *International Journal of Advancements in Research & Technology*, Volume 2, Issue 7, July-2013 ISSN 2278-7763
- Tandon OP. Yoga and its applications. In: Tandon OP, Tripathi Y, editors. *Best and Taylor's Physiological Basis of Medical Practice*. 13th ed. Gurgaon: Wolters Kluwer health/Lippincott Williams and Wilkins publishers; 2012. pp. 1217–30.
- The biopsychosocial model explained*. (2013, September 24). Savvy, Willing & Able; savvy, willing & able. <http://savvywillingandable.wordpress.com/2013/09/25/the-biopsychosocial-model-explained/>
- Using Yoga to Promote Social-Emotional Development | Extended Notes*. (n.d.). [www.extendednotes.com](http://www.extendednotes.com). <https://www.extendednotes.com/after-school-articles/using-yoga-to-promote-social-emotional-development>

### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Rathidevi, D. (2025). Exploring Biopsychosocial Benefits of SKY Yoga Practitioners. *International Journal of Indian Psychology*, 13(1), 1207-1216. DIP:18.01.113.20251301, DOI:10.25215/1301.113