



Role of sky yoga in overcoming fear of death and enhancing quality of life

KE Meenakshi¹, Dr. V Ponnuswamy²

¹ Research Scholar, Department of Yoga for Human Excellence, WCSC- Vision Sky Research Center, Vethathiri Maharishi Institute for Spiritual and Institutional Education Approved Research Centre of Bharathiyar University, Temple Of Consciousness, Arutperumjothi Nagar, Aliyar, Pollachi, Tamil Nadu, India

² Assistant Professor, Department of Yoga for Human Excellence, WCSC- Vision Sky Research Center, Vethathiri Maharishi Institute for Spiritual and Institutional Education Approved Research Centre of Bharathiyar University, Temple Of Consciousness, Arutperumjothi Nagar, Aliyar, Pollachi, Tamil Nadu, India

Abstract

The purpose of this paper was to investigate about different perspective of yoga and its role in overcoming fear of death and enhancing quality of life. Yoga is certainly not a new topic that is being in a discussion and advantages of yoga has been emphasized since time immemorial. Yoga techniques have ability to improve well-being, spirit, thoughts, mental focus, and stress balance of an individual. This study has been conducted through the both primary and secondary data which means it uses literature study as secondary data and quantitative research as primary data. This research collects data for quantitative study by conducting survey method. Here, researcher provides the closed ended questionnaires to 105 participants who are the practitioners of SKY Yoga. The study will be conducted with two groups of SKY intervention (52: SKY I) and (53: SKY II). A validated 53 set of LEIPAD-CLFD questionnaires was made to report the sensations in both sides from the baseline to five visits at 7 week interval. The data is obtained from the selected respondents is to be analyzed by using SPSS programming in order to obtain conclusion to the proposed study. The results of the study reveal that, SKY yoga helps in overcoming the fear of death of self, fear of death of others and fear of dying of self and fear of death of others who practice it. This study concludes that, Mahamrutyunjaya Mantra is most effective mantras which helps people to know their actual state of being and simultaneously eliminates fear of death and dying.

Keywords: sky yoga, fear of death, enhancing quality of life

1. Introduction

According to Raghavan and Yasmeen (2014) ^[1], SKY (Simplified Kundalini Yoga) is a mixture of kundalini yoga and raja yoga that originated by Yogiraj Vethathiri Maharishi. SKY yoga is an incorporated scheme having four main elements like simplified physical exercises, kaya kalpa exercises, introspection and meditation. Simplified physical exercises and Kayakalpa exercises assist to endorse good physical health and to improve the quality of life force. Krishnan (2006) ^[2] said that meditation practice assists in inspiring the brain of practitioners. At last, introspection courses assist a person to examine his or her emotions that ultimately causes spiritual growth by personality transformation.

In the perspectives of Yogiraj Vethathiri Maharishi, the SKY yoga scheme contains:

1. Simplified Kundalini Yoga: The practice of Simplified Kundalini (Life Force) Yoga is increased securely through the feel of Guru to the Agna Chakra. Further, it is increased by eye control to Thureeya. After that, it is increased to Thureeya-theetha through the brain power of the Guru. SKY scheme is the sole scheme, where the brain functions at Alpha, Delta and Theta stages of

frequencies with no losing of awareness.

2. Simplified Physical Yoga: Maharishi organized the primordial yoga scheme for an ordinary human being as a protective health measure in a seven group of exercises.
3. Introspection: This yoga practices are used to make stronger the personality using some sensations like scrutiny of thoughts; abolition of worries; neutralization of anger; moralization of desires; and who am I?
4. Kaya Kalpa Yoga: It is also known as Body Immortality Yoga (Eswar, 2016) ^[3].

SKY yoga is found to be contemporary, modern, experimental, practical, traditional, theosophical and interpretative. It is typified using purification by meditation, purification by karma yoga and realization by Brahma Gnana. It also describes various organs that the system is containing meditation, initiation and introspection. Kundalini yoga is an incorporated and a systematic practice of human body and brain as well as its power to create a man inventive. By using a new technique that is completely secure, one may acquire Kundalini strength increased in minutes. Thus, this technique is said to be SKY yoga. As said by Siddha saints, "the meditation practice, in which the mind of a person stays

concentrated on his own life energies, is Kundalini Yoga". The term 'Kundam' indicates to an urn or pot of energy or fire. The term 'Ali' is a unisex, somewhat that isn't distinguished by gender. Mind is the fertile part, in which actions, words and thoughts and also the feelings of pain and pleasure are sensed. The quality of each activity, the skills, its success and the resulting sensations of pain or pleasure based on the mind qualities. It is necessary to recognize the mind, its weakness and its strength, by diligent attempts and the practice of SKY yoga. The SKY yoga practices assist to cleanse the mind and make stronger it. The mind has to increase itself that may be attained by diligent attempts. When the mind recognizes its sources, it converts into awareness; at that point a person stands on a balance with the Divine. This is considered to be the major idea of SKY yoga. This scheme of education for prosperity and reformation in life include five main phases:

1. Streamlining of psychic actions;
2. Protection of physical health;
3. Purifying the Genetic center;
4. Realization of truth (Brahma Gnanam); and
5. Protection of harmonious associations with a single and all human society (Vijaya, 2016) ^[4].

The quality of good feature must be tacit and experienced by consciousness and disciplined life. Among different stages of fear, the most severe is 'fear of death'. The practice of SKY yoga has reduced the fear of death. Fear of death starts with the survival instinct. The practitioners determine with human body and they need to live evermore because of following reasons:

1. Fear of unknown;
2. Love of body;
3. Loss of individuality;
4. Love of money, property, luxuries and titles;
5. Fear of not loving god;
6. Need for self-protection of awareness; and
7. Separation from dear and near ones.

Many people undergo from this fear to several degree. This fear of death concentrates and interferes with capacity to practice the spiritual liberty, which is the major target of SKY yoga (Schervitz *et al.*, 2006) ^[5].

2. Literature Review

The meaning of 'Fear of Death' is a strong negative sensation, which prowls in the sub-conscious of each one's brain but there is no effortless logical hypothesis to deal with this fear. It is decisively based on the sub-conscious and doesn't simple to leave. The fear of death is mainly because of failure or ignorance to realize the variation among what is permanent like true self and not permanent such as physical body and ego (Martens, 2016) ^[8].

Theofilou (2012) ^[9] defined the word 'quality of life' as well being and it broadly includes how a person estimates the honesty of various facets of their life. Or else, quality of life is a name that represents numerous aspects of life and its satisfaction or lack thereof.

According to (Hlavacek, 2010) ^[10], a quality of life is defined as the stage of satisfaction or dissatisfaction with individual,

societal, economic, and environmental viewpoints beyond the basic human needs.

Vijaya (2016) ^[4] studied about organs as well as features of SKY yoga of Vethathri Maharishi. Nowadays, in quick moving hectic plan, people have no time to consider themselves and experience several spiritual practices. People are experiencing from various types of depressions. In such type of condition, Vethathiri Maharishi has recommended some easy and secure techniques of yoga exercises to be practiced and followed. The quality of silence is based on the range in which the mind is in accord with the soul as well as the body for the concerns of the brain may influence the soul and body, just as issues with the flow of life energy influences a person by both mentally and physically. The poor health influences the soul and the mind. It is the main reason in which all three elements mind, soul and body have to be sustained in harmony and good health. This may be attained by the SKY yoga practices. It is feasible to abolish bad habits and remove all unwanted matters from the brain.

Schervitz *et al.* (2006) ^[5] carried out a prospective analysis of well being, spiritual practice and fear of death by a thoughtful care methodology for teaching and supporting hospice volunteers. In this analysis, the participants had a great level of well being and self-care at baseline and sustained both all over the year; they reduced fear of death and raised compassion. A one year longitudinal analysis of two volunteer groups (N = 22 and N = 24) with frequent measures of well being, spiritual practice and hospice performance in one year service as volunteers. Those participants (N = 20) practicing SKY yoga were determined to have always lower fear of death when compared to cohort average (P= 0.08, P= 0.04, respectively). All participants rated the program and training well and around 63 percent continual to volunteer after the commitment of first years. The findings have recommended that the SKY yoga to teaching and supporting the hospice volunteers were promoted spiritual growth and emotional well being.

Mawar *et al.* (2015) ^[6] discussed about SKY yoga in enhancing the quality of life. In this open-label randomized restricted pilot test, 61 adult were selected, who having PLHIV (People Living with HIV) with CD4 count above 400 cells/ μ l and Karnofsky scale score more than 70 were registered. Those with jaundice, cardiac disease or a yoga intervention or an antiretroviral therapy were prohibited. A considerable enhancement in Quality of Life scores was monitored for three health-related QOL fields using SKY intervention arm. This low price approach was enhanced both psychological and physical condition of PLHIV need up-scaling with efficient monitoring for QOL sustainability.

Telles *et al.* (2010) ^[7] conducted a randomized prohibited analysis to determine the heart rate changeability and post-traumatic stress symptoms in flood survivors practicing SKY yoga in Bihar. Here, 22 volunteers were randomly selected and allocated to two cohorts like a non-yoga and yoga wait list control group. Volunteers from yoga group were practiced exercise for one hour a day, whereas the non-yoga group continued with their everyday activities. Breathe rate, heart rate changeability of other groups and four reasons of emotional distress by visual analog scales were estimated on the first as well as eighth day of the schedule. The findings

have suggested that there was a considerable raise in anxiety in the control group and a reduction in sorrow in the yoga group. One week of yoga practice may decrease sensations of sorrow and may be avoid a raise in anxiety in Bihar flood survivors in one month after the disaster.

3. Research Methodology

The study undergoes quantitative analysis. Quantitative analysis is a way of data gathering, evaluating, inferring and writing the research findings, whereas qualitative approach a mode of data collection, scrutiny and statement writing varying from the conventional quantitative approaches. Accordingly, the data is employed to measure actuality in an objective manner.

In this research, a convenience sampling of 105 participants were selected, who are the practitioners of SKY Yoga. All were provided with standard care and randomized to two groups of SKY intervention (52: SKY I) and (53: SKY II). Both SKY I and SKY II group participants were trained for a week in order to prepare for routine practice of SKY yoga at home for 45 min. A validated 53 set of LEIPAD-CLFD questionnaires was made to report the sensations in both sides from the baseline to five visits at 7 week interval. The data is obtained from the selected respondents. The compliance of participants was estimated in a quantitative manner with the help of standard questionnaires.

Data would be collected from people, who are the practitioners of SKY yoga. This research will be adopting both primary as well as secondary data for the analysis. Primary data is gathered with the intention of being base for the studies in an exploration. Secondary data reveals the effect of SKY yoga in enhancing quality of life and reducing fear of death. Data is to be gathered by distributing out questionnaires to employees in companies. In quantitative data analysis, it is probable to turn raw numbers into important data by using the application of coherent as well as decisive thinking. Quantitative data gathering methods are mainly depends on the planned data collection tools, which place dissimilar experiences into predestined response kinds. Data analysis for quantitative analyses has decisive data analysis and interpretation of integers or numbers and figures and efforts to discover motivation behind the surfacing of core findings (Dudovskiy, 2016) ^[11].

The obtained data is examined using statistical instruments like LEIPAD Scale, CLFD (Collett-Lester Fear of Death) and DS (Dying scale) instruments. Here, the assessment of Quality of Life is done by using LEIPAD instrument, whereas the estimation of Fear of Death is made by Collett-Lester Fear of Death and Dying scale instruments.

LEIPAD instrument is a subjective evaluation questionnaire, which is particularly developed to assess the quality of life of people. In the latest version of LEIPAD instrument, the questionnaire was enclosed with 49 self-assessment items out of which 31 items grouped into core instrument scales such as self-care, physical function, cognitive functioning, depression and anxiety, sexual functioning and life satisfaction. And remaining 18 items are used to measure social desirability,

self-perceived personality disorders, anger and faith in God. This instrument mainly concentrates on various spheres of daily life such as mental, social, physical and occupational status.

The CLFD (Collett-Lester Fear of Death scale) instrument was mainly used to measure four kinds of fears include: dying of self, dying of others, death of self and death of others. CLFD questionnaire was enclosed with 4 self-estimated items and each item is separated into four subscales. The four subscales of fears including, death of self: shortness of life, total separation of death, and never experiencing; the dying of self: intellectual deterioration, pain involved in dying, pain of others and lack of control over the process of dying; death of other: feeling alone with no other persons, feeling of being not capable to interact again, and losing somebody close; and dying of others: be inclined with somebody who is dying or monitoring pain and sufferings of a person. The research experiences major implication in determining the quality of quantitative research, as the vital indicators are reliability and validity measures.

4. Data analysis

This section presents data analysis on the Evaluation of usage of SKY Yoga and its influence on fear of death and quality of life. The evaluation is mainly based on rates of usage of SKY Yoga, its influence on fear of death and dying of self as well as others and finally its influence on quality of life.

Part1: SKY yoga helps in overcoming the fear of death of the people who practice it

H2.1: SKY yoga helps in overcoming the fear of death of self of the people who practice it

H2.2: SKY yoga helps in overcoming the fear of dying of self of the people who practice it

H2.3: SKY yoga helps in overcoming the fear of death of others of the people who practice it

H2.4: SKY yoga helps in overcoming the fear of dying of others of the people who practice it

According to Cronbach's test for reliability and validity, the data from a sample of 120 study participants has alpha values that are approximately equal or greater than 0.7 hence they are significant alpha values. The alpha statistic for the Usage of SKY Yoga which is the dependent variable (DV) is 0.787 showing that the data on Usage of SKY Yoga and its Influence on Fear of Death and Quality of Life is about 78.7% reliable and valid for the study conclusions. On the other hand, the alpha statistic for quality of life which is part of the independent variables is 0.971 showing that data on quality of life is almost 97.1% reliable and valid for this study. On the fear of death which forms the other fraction of independent variables is 0.918 showing that data on fear of death is almost 91.8% reliable and valid. Finally on the profile of the study participants and moderating factors which are considered as intervening variables of the study, the alpha statistic is 0.903 showing that data on general details and organizational profile is about 90.3% reliable and valid for analysis.

Profile information

Table 2: Frequency Distribution of Age and Gender

Profile Detail	Attributes	Frequency	Percent	Cumulative Percent
Age	20-29	35	29.2	29.2
	30-39	32	26.7	55.8
	40-49	30	25.0	80.8
	50+	23	19.2	100.0
	Total	120	100.0	
Gender	Male	70	58.3	58.3
	Female	50	41.7	100.0
	Total	120	100.0	

Table 2 shows that majority of the people who were involve in the study of usage of SKY Yoga and its influence on fear of death and quality of life were aged between 20-29 years with a relative frequency of 29.2% followed by those who were aged between 30-39 years with a relative frequency of 26.7% and then those aged between 40-49 years with a relative frequency of 25.0%. The minority were those aged above 50 years with a relative frequency of 19.2%.

5. Discussion

5.1 Various aspects of SKY yoga

Yoga is certainly not a new topic that is being in a discussion and advantages of yoga has been emphasized since time immemorial. Various aspects of yoga have been discussed in Thirumanthiram and sangam literature. Swamiji vethathiri maharishi's SKY yoga deals with the benefit of people, and he suggested the simplified physical exercises for enhanced wellbeing of humans. Simplified physical exercise helps to assist the human body as a whole and also to strengthen one's mind. Vethathiri maharishi introduced a concept of various yogic techniques and he says; for keeping up good health one must protect against trouble in the physical body, the inner self and the three Medias. Therefore, the only procedure open to humans is to increase their immunity level. So by means of appropriate physical exercises, human could develop and raise his resistance level (Rajasekaran and Perumal 2015) ^[12]. SKY yoga is designed for the function of humans and society to exist in concord with natural world and society. Kundalini refers to inner self that is fundamental energy accountable for body and psyche. Considering inner self and soul is Kundalini yoga. According to SKY point of view yoga refers to harmony and it has to look after at five various levels. Harmony between

1. Body and mind
2. Habit and Wisdom
3. Self and Society - Introspection Techniques,
4. Purpose of life and Method of living and
5. Will and Nature

As SKY system, yoga denotes harmony, and it avers that five kinds of Harmony to be preserved to live synchronization with natural world and Society. As stated by Vethathiri maharishi, maintaining five kinds of harmony is not easy and it is valuable to make an effort to maintain. SKY yogic system is an inclusive system, incorporated with all the necessary practices for self attainment and it is designed to get

advantages of ancient yoga with simplified practices therefore it can referred to as yoga of current age. It will be of great assistance in having better health, prolonged existence, prosperity, knowledge and peace. The distinctive quality of this yoga is, simplified, systematic, inventive and pleasurable (Jayaprakash, 2016) ^[13]. Yogic practices in general lessen anxiety, nervous tension, burning fats, enhances physical and psychological strength; incline to progress behavior, etc. Kundalini yoga is a practice of physical and contemplative yoga which consists of different methods using the psyche, body and senses. It presents special contemplation to the function of the spinal column and the endocrine system – both critical parts for yogic development. It impacts gunas and social self-worth. Simplified SKY Yoga is a physical, psychological and mystical discipline for establishing strength, attentiveness, moral fiber, spirit and awareness. The technique of Simplified Kundalini Meditation and Kayakalpa techniques in SKY increases the body attentiveness to put the body, neural system, and mind in order to deal with the Life energy in good health (Prasath, *et al.* 2017) ^[14].

Yoga techniques improve well-being, spirit, thoughts, mental focus, and stress balance. Right training by an expert a 30-minute practice on a daily basis will increase the benefits. Health care providers contribute to support patients to keep up their yogic practices (Brown, *et al.* 2005). Yoga an efficient beneficial tool in dealing with the mentally retarded children (Uma, *et al.* 1989) Venkatesh *et al.* (1997) identified that the regular practice of meditation "seems to create structural and also intensity variations in phenomenological experiences of realization". Lazar *et al.* (2000) noticed the brains of subjects functioning, "an easy form of Kundalini Yoga practice wherein they inertly noticed their breathing and repeated the slogan 'sat nam' at the time of inhalations and 'wahe guru' in exhalations noiselessly," and observed that several regions of brain were entailed particularly those entailed in relaxation and retaining attention. "Kundalini Yoga develops attentiveness, awareness and spiritual power." -Yogi Bhajan.

"If the thought is immersed with the Almighty,
Peace can be realized and in that awareness,
One can perceive the Absolute space.
The continuous practice of this
Throughout the lifetime would make
One to withdraw from worldly pleasure
The sins acquired and the ego would go and
Feel the Eternal force and the Consciousness are
one (Vethathiri Maharishi, 1991).

Vethathiri Maharishi has emphasized that peace and quality of life can be enhanced by SKY yoga and various yogic practices. SKY yoga- Any individual is a blend of the physical body, psyche and inner self. To obtain and look after inner peace and concord, self-knowledge and organized physical and spiritual practices are indispensable. Yoga is a comprehensive method of faultlessness of an individual by establishing awareness to its completeness” -Vethathiri Maharishi. Human being is mortal. His entire life exists between birth and death. Although man’s lifetime is 120 years, it is completely based on one’s wellbeing and his capability to keep up it. Understanding the significance of proper exercise, and meditations Vethathiri Maharishi has created, integrated and simplified the former ones and consecrated to the humans’ life as a whole (Aathava and Jothilakshmi 2016) ^[18].

The practice of Pranayama, Asanas and Thavam in SKY Yoga increases the body consciousness to organize the body, nervous system, and psyche to deal with the Life energy in a better way. The method of physical exercises introduced by Shri Vethathiri Maharishi after decades of strong research fulfils the demand of keeping up the proper flowing of blood flows, heat, air and energy, assuring management of health and preclusion of syndrome in a mild way. SKY yoga is a practice of meditation to link the mind with the subtle inner self. Kayakalpa is a dedicated discipline of practice respected within the Ayurveda medicinal systems of India as the best treatment for wellbeing, energy, long life and improved consciousness.

SKY YOGA is a practice intended to transform the very thought design of the individual to create a total transformation and direct him to harmony and perfection. SKY YOGA aspires at creating the kinds of harmony are human, family and earth. As the entire world is speeding up today, the reinstatement of harmony is contributing to essential role in the life of the every individual. Yoga is an effective way presented with the contemporary man to accomplish harmony and peacefulness in life. Since yoga is a tool to bring body, memory and personality into line with one’s inmost core. SKY yoga is a form of meditation to unite the mind with the subtle inner self. When this practice of meditation is accomplished it results in shifting of wits to lower and ultra-fine frequencies. Vethathiri states that a balanced and calm mind is termed as consciousness. However this consciousness is continually impacted by one’s past habits and makes individual life a continuous conflict between habit and knowledge. The SKY Yoga is a ten stage process that creates perfection of mind and recognition of self that ranging from purification of body and soul to enhance the stock of the inner self and channelize the same (Shinde, *et al.* 2016).

The fear of death and the dislike to bodily termination are the disgrace left by his animal source on the human. That imprint should be completely wiped out. The fear of death or dying exhibits an imperative weakness that is as well in contrast to a capability for Yoga. This implication of death derives from the ‘ego’ while it feels that it should abandon in next to no time. The only thing to do or to overcome the fear of death is to understand and admit the idea of death and silently do the effective one could from every day, from hour to hour, without thinking about what will happen in the near future

(Auropublications, 2016).

5.2 Yoga’s contribution in quality of life and stress tolerance

This conclusion chapter will recapitulate the findings and give a viewpoint for further discussions. Tim Gard (2012) ^[16] carried out a study to explore the impacts of a yoga-based program on quality of life, stress, mindfulness, and self-concern in younger generation. Respondents in the program foreseen enhance in quality of life and lessen in professed stress, interceded by mindfulness and self-compassion. Sushil (2011) ^[17] investigated the outcomes of integral yoga exercises on the variables prolonged awareness, emotional intelligence (EQ), general strength, guna personality – sattva and tamasa and as well the constancy of connections noticed between them. Deshpande (2009) ^[15] examined the effectiveness of yoga on and self-worth in normal adults by means of a randomized proportional study and the results exhibited the positive results. Kalpana and Valiammal (2016) ^[20] stated that the conception of SKY-YOGA gained lot of attention and this is practiced by numerous people for a healthy and harmony life all over the world. It offers better health to the body, long life, peace and harmony to the people. Sky meditation for mind for knowledge and understanding are the main elements of Sky-Yoga. Yoga intensifies the practices of good thought, word, action and discriminating and discarding the habits unnecessary. The contentment of desire is hindered. The obstacle is anger and it lasts through genetics, when anger and fury get stocked in mind. It might changes as “vengeance”. Anger is most terrible of bad persona. The results exhibited that the sky yoga intervention have lessened the anger and has exhibited positive results. Moore and Williamson (2014) ^[21] put forward the point that there is a lot about death to fear: Whether by industrial accident, disease, or deliberate infliction by another person, the means to death for everyone but a few providential humans is accompanied by pain. Death might as well be a lonesome and separating experience. Every individual is social being, and it is one’s communications with other human beings that accomplish their existence and give their lives meaning. Death is therefore disconnection from all that offers our life form. Corwin, (2005) ^[22] made an effort to further investigate the link that involves between the fear of death and dying, self-esteem, and insights of a common humanity. The fear of death and dying is causally pertained to certain degree to self-worth and insights of a common humanity. The study on the fear of death and dying is fairly extensive and includes various features of the subject. Examples to consider are death and dying process amongst the aging stage, how to tackle the dying of the self and the death of a beloved person, the fear of death as a societal construct—integrating the media’s impact and, certainly, psychoanalytic hypothesis of the fear of death and dying. Vorkabic and Range (2014) stated that the primary objective of the research is to explore the impacts of yoga in patients troubling from panic disorder. The research intended at obtaining the effectiveness of yoga practices on lessening the symptomatology of anxiety, compared to a collective intervention of yoga and psychiatric therapy. Yoga is an inclusive system of various mind–body practices that could be used to enhance psychological and physical wellbeing. The results exhibited that yoga has been

proved to lessen perceived stress and anxiety and also to enhance positive mood and paved the way for better quality of life.

6. Conclusion

6.1 Death of self and others

This study was written to investigate a vision that seeks impracticable objectives and intended to explore the effect of yoga in individual's life. In addition, it was created to better recognize the claims of SKY yoga and its role in overcoming the fear of death. The perception of most individual is always made miserable with numerous kinds of fears; and among these fears and qualms the most extreme one is death. And it is on account of this that most people try certainly to keep the thought of death away as much as possible. Nowadays, this fear of death and dying is something widespread and become common; it never leave anybody untouched, be he a kid or an aged person, a well-educated person or an illiterate. In addition, this fear has two different types: the anxiety regarding one's own death and the anxiety to cope with the death of one's beloved person. The first one occurs out of one's total neglectfulness to face peacefully the death of his personal survival; whilst the second one has its basis in not being capable of bearing the spasm of eternal disconnection from a much-loved one all through the latter's demise and loss (Mukherjee, 2004) ^[24]. Fear of death and dying can be overcome by yoga; in actual fact, in hatha yoga the ultimate objective is immortality but not literally in the sense of continuing in the body, but in the means that the true soul subsists eternally thus there it is not essential to spend lot of time, energy or funds on making the body eternal (Munro, n.d.).

The current study presents data analysis on the evaluation of usage of SKY Yoga its various effects on fear of death and also quality of life of regular yoga practitioners. The data analysis in the current research includes testing reliability and validity of the data, analysis of profile of respondents taking part in the study and analysis of data concerning the study objectives. Besides, the study analyses factors like how SKY yoga contributes to overcome the fear of death of self, fear of death of others and fear of dying of self and fear of death of others. The standard life-expectancy in many developed regions for is men population about 75 years and for women about 80 years (Kalache *et al.* 2005). But the fear towards death is widely prevalent. Fear of death takes place even in safe situations for instance when a person lie in bed or while indulge in some other activity. This is simply a conceptual panic. Its subject is the opinion that one will be passed away one day. Individuals are afraid by this thought though they do not undergo a fatal disease and they are a long way from the age common people die (Sand, 2014) ^[26]. Yoga educates every single person to be representing to what is, to understand of where exactly he/she is right now, in the current moment. It instructs people to bend as they need to, so as to be relaxed, yet stable; to acclimatize and to adjust to keep up one's comfortable level, steady posture and also one's peace of mind. Yoga for an anguished individual meets the demands of the body, the psyche and the strength. Along with enhancing circulation, power, potency and suppleness and giving required oxygen to the brain and physical tissues, yoga is an

exceptional stress controlled tool. Yoga contributes to leading everyone from the fear of death to the knowledge of immortality. Mahamrutyunjaya Mantra is considered as one of the most effective mantras which are identified to eradicate fear of death and delivers the essential thought of series of birth and death. Meditation on such an influential phrase and its significance has been exposed to help eradicate fears and dispel anxiety in people. The Mantra has been in use from the Vedic ages to protect against fear, cure illness, eliminate misfortunes, encourage calm and meditative mind and also overcome death as emphasized evidently in Patanjali Yoga Sūtras. Mahāmṛtyunjaya Mantra assists one to understand their actual state of being and simultaneously eliminates fear of death and dying. This has been developed largely to remove fear and unawareness that are main obstructions in the spiritual quest (Vadiraja, 2013) ^[27].

7. References

1. Raghavan N, Yasmeen H. Components of Simplified Kundalini Yoga in Relation to Demographic Characteristics. *International Journal of Yoga and Allied Sciences*. 2014; 3(1):54-61.
2. Krishan S. Personality development through yoga practices. *Indian Journal of Traditional Knowledge*. 2006; 5(4):445-449.
3. Eswar KM. Simplified Kundalini Yoga System of Yogiraj Vethathiri Maharishi. Retrieved on 24th March 2018 and from, 2016. <http://simplifiedkundaliniyoga.com/simplified-kundalini-yoga-system-yogiraj-vethathiri-maharishi/>
4. Vijaya MN. Organs and Features of Simplified Kundalini Yoga of Vethathiri Maharishi: A Study. *International Journal of Social Science and Humanities Research*. 2016; 4(1):693-702.
5. Scherwitz L, *et al.*, A contemplative care approach to training and supporting hospice volunteers: a prospective study of spiritual practice, well-being, and fear of death. *Explore (NY)*. 2006; 2:304-313.
6. Mawar N, *et al.*, Sudarshan Kriya yoga improves quality of life in healthy people living with HIV (PLHIV): results from an open label randomized clinical trial. *Indian J Med Res*. 2015; 141:90-99.
7. Telles S, *et al.*, Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study. *BMC Psychiatry*. 2010; 10(18):1-10.
8. Martens M. *How to Overcome Fear of Death through Yoga and Meditation*. Parimukti Yoga and Meditation Pvt Ltd, 2016.
9. Theofilou P. Quality of Life: Definition and Measurement. *Europe's Journal of Psychology*. 2012; 9(1):150-162.
10. Hlavacek ML. Qualitative Study to Determine Quality of Life Factors Based on Reported EFNEP Success Stories. *Nutrition & Health Sciences Dissertations and Thesis No*, 2010, 16.
11. Dudovskiy J. *The Ultimate Guide to Writing a Dissertation in Business Studies: A Step-by-Step Assistance*. E-Book July 2016 Edition, 2016.
12. Rajasekaran VM, Perumal K. Role of Vethathiri Maharishi's Kaya Kalpa Technique and Simplified

- Physical Exercise (Maharasana) in the Management of Type-2 Diabetes Mellitus-A Pilot Trial. *Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy*. 2015; 3(3):37-42.
13. Jayaprakash S. Simplified Kundalini Yoga. An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences. 2016; 5(3):31-32.
 14. Prasath S, *et al.* Simplified Kundalini Yoga practice enhances values-an experimental study. *International Journal of Science and Consciousness*. 2017; 3(2):1-9.
 15. Deshpande S, *et al.* A randomized control trial of the effect of yoga on Gunas (personality) and Self-esteem in normal healthy volunteers, *International Journal of Yoga*. 2009; 2(1):13-21.
 16. Gard T, *et al.* Effects of a yoga-based intervention for young adults on quality of life and perceived stress: the potential mediating roles of mindfulness and self-compassion, *The Journal of Positive Psychology*. 2012; 7(3):165-175.
 17. Sushil S Khemka, *et al.* Effect of integral yoga on psychological and health variables and their correlations. *International Journal of Yoga*. 2011; 4(2):93-99.
 18. Aathava KK, Jothilakshmi M. Vethanthamum Vethathiria Yogamum. *Imperial Journal of Interdisciplinary Research (IJIR)*. 2016; 2(11):182-185.
 19. Sangeeta. Sky Yoga for Harmonious Life. *Impact Factor*. 2016; 6(5):1-3.
 20. Kalpana G, Valiammal GR. Effect of Simplified Kundalini Yoga on Neutralization of Anger for Women. *Aayvagam an International Journal of Multidisciplinary Research*. 2016; 4(4):9-12.
 21. Moore CC, Williamson JB. The Universal Fear of Death and the Cultural Response. Retrieved on 12th April 2018 from, 2014. <https://pdfs.semanticscholar.org/b6ac/e00e44630b6482ddf8260d164d2f6e498fb.pdf>
 22. Corwin JH. The Fear of Death and the Fear of Dying: Possible Barriers to Altruistic Behavior. Master Thesis, Eastern Michigan University, 2005.
 23. Auropublications. *Conquering Obstacles in Sadhana*. A compilation from the works of Sri Aurobindo and the Mother, 2016.
 24. Mukherjee JK. *Mysteries of Death, Fate, Karma and Rebirth: In the light of the teachings of Sri Aurobindo and the Mother*. Sri Aurobindo Ashram Publication, Pondicherry, 2004.
 25. Munro L. (ND). *The Causes of Pain and the Yogic Prescriptions*. Retrieved on 13th April 2018 from <https://www.ashtangayogaparis.fr/pdfs/thecausesofpainfornewsletter.pdf>
 26. Sand M. *Considerations on the Value of Aging, Death and their Technological Mastering*. Master Thesis, Karlsruhe Institute of Technology (KIT), 2014.
 27. Vadiraja HS. Effect of yoga therapy as a psychotherapeutic intervention in breast cancer patients. Retrieved on 13th April 2018 from, 2013. <http://hdl.handle.net/10603/7781>