Section II: Findings related to assessment of quality of life in the form of mean and standard deviation of pretest score of CKD patients

There were significant improvements in the Quality of Life (QoL) among participants following the intervention. Notably, there were substantial mean differences in various domains: General Health improved by 5.4, Physical Health by 14.3, Psychological Health by 14.2, Social Relationships by 7.5, and Environmental Health by an impressive 6.1.

Section III: Findings related to effect of Yoga and meditation on quality of life in patients with chronic kidney disease in the form of paired t-test

The findings of Table: 3 reveal a substantial improvement in the overall Quality of Life (QoL) among participants following the intervention, as indicated by a significant mean difference of 57.760 between pre-test and post-test scores. The pre-test mean QoL score was 51.57, while the post-test mean score substantially increased to 109.4. The calculated ‘t’ test value of 65.070, tabulated’ was 1.645 with a corresponding p-value of less than 0.0001.