

**Supplementary Table 1: Sample characteristics of the subjects and is explained in frequency and percentage distribution and represented (N=100)**

Sample characteristics		Frequency	Percentage (%)
Gender	Male	75	75
	Female	25	25
Age	19-28	16	16
	29-38	13	13
	39-48	16	16
	>=49	55	55
Religion	Hindu	55	55
	Muslim	29	29
	Christian	11	11
	Others	5	5
Marital Status	Unmarried	22	22
	Married	70	70
	Widow/widower	8	8
Education status	Illiterate	4	4
	Primary-Secondary education	45	45
	Higher secondary education	18	18
	Graduate or above	33	33
Occupation	Employed	21	21
	Self-employed/business	23	23
	Retired	18	18
	Unemployed	38	38
Type of family	Joint Family	76	76
	Nuclear Family	24	24
Family income (in Rupees per month)	<10,000	11	11
	10,000 – 20,000	29	29
	20,000 – 30,000	26	26
	>30,000	34	34
Area of residence	Rural	52	52
	Urban	48	48
Duration of Illness	6 months – 1 year	29	29
	1 year – 3 years	32	32
	>3 years	39	39
No. of HD cycle in a week	1 cycle	1	1
	2 cycle	5	5
	3 cycle	93	93
	>3 cycle	1	1

HD: hemodialysis

**Section I: Frequency and percentage distribution of participants according to social-demographic variables:**

Sample characteristics such as Gender, age in years, Religion, Marital status, Education, Occupation, Type of family, Family monthly Income in Rs, Area of residence, Duration of illness, No. of Hemodialysis cycle in a week and Co morbidity.

The sample characteristics of the study population revealed a predominance of males (75%) and individuals aged 49 years or older (55%). The majorities identified as Hindu (55%), were married (70%), and lived in joint families (76%). In terms of education, a significant proportion had received primary-secondary education (45%), and most were employed (44%). Family income distribution indicated that 34% had an income greater than Rs. 30,000/- per month. The study encompassed a balanced representation of rural (52%) and urban (48%) residents. Regarding the duration of illness, a substantial number had been experiencing illness for more than three years (39%). Notably, the majority of subjects underwent three hemodialysis cycles per week (93%).

**Supplementary Table 2: Description domain-wise QoL scores among CKD patients undergoing hemodialysis before and after intervention (N=100)**

QoL	Max Score	Pre-test		Post-test		Mean difference
		Mean	SD	Mean	SD	
General health	05	3.40	1.073	8.73	0.723	5.4
Physical health	35	12.65	4.777	26.90	2.699	14.3
Psychological health	30	10.52	3.489	24.69	1.868	14.2
Social relationships	15	5.75	2.618	13.27	0.952	7.5
Environment health	40	8.73	6.267	14.82	0.723	21.1

CKD: chronic kidney disease, QoL: quality of life, SD: standard deviation.

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.

**Supplementary Table 3: Effectiveness of yoga and meditation on QoL among CKD patients undergoing HD (N = 100)**

Overall Quality of life	Mean	Mean Difference	SD	SEM	Calculated 't' test	P value
Pre-test	51.57	57.760	7.31	1.15	65.070	<0.0001
Post-test	109.4		5.01			

CKD: chronic kidney disease, QoL: quality of life, SD: standard deviation, HD: hemodialysis, SEM: standard error of the mean.

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.