

## **IMPACT OF SAHAJA YOGA MEDITATION ON HEMOGLOBIN AND PLATELETS OF COLLEGE STUDENTS**

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### **ABSTRACT**

The aim of the study was to find out the overall effectiveness of Sahaja yoga meditation on the hemoglobin and platelet levels of college students. For research purposes, 27 students of the D.A.V.P.G. College, Lucknow were randomly selected. The age of the subjects varied from 18 to 25 years. Taking into account the feasibility criterion, the following variables were selected for the present study: A. Dependent variables: hemoglobin and platelets B. Independent variable: Sahaja Yoga. For the current study, pre-test - post-test randomized group design consisting of an experimental group and a control group; were used to discover the effect of Sahaja yoga meditation on hemoglobin and platelets of college students. Data was collected before and after four weeks of Sahaja yoga meditation treatment. The data was analyzed by applying the technique of analysis of covariance (ANCOVA) to find out the effect of Sahaja yoga meditation on the students' hemoglobin and platelets. The significance level was set at 0.05. The results of the study revealed that there is an insignificant difference between the experimental group and the control group on the students' hemoglobin and platelets. The previously stated hypothesis that Sahaja yoga meditation would have a positive effect on hemoglobin and platelets in college students is rejected. Based on the results of the study, the following conclusions are drawn: An insignificant difference in hemoglobin was found between the experimental group and the control group. A non-significant difference was found in platelets between the experimental group and the control group.

**Key words:** Sahaja Yoga meditation, Hemoglobin and Blood Platelets.

### **INTRODUCTION**

Today all of humanity is shaken up and going through unprecedented times. Taking care of personal health has never been so crucial. Everyone needs to take a pause and look within their inner being. But how do you achieve balance, relieve stress and improve health? Meditating every day is the key to unlock the power within each of us. Sahaja Yoga begins with an effortless and spontaneous experience. With this very first experience

(known as Self-realization), you gain a new dimension in your consciousness and witness absolute truth. Anyone can do it. "Sahaja" in Sanskrit means spontaneous and also born with, "Yoga" means union with God. The potential for spiritual awakening and ascension is innate in every human being. This potential can be actualized through a unique living process of Sahaja Yoga. This unique discovery was made by Shri Mataji Nirmala Devi (in 1970). The process of Sahaja Yoga is spontaneous and natural. It is a technique of awakening the Kundalini Shakti which, in the state of sleep, is located at the base of the spine (sacrum) of every human being. The process of awakening this Kundalini (self-realization) is a spontaneous and joyful process, as opposed to the widespread misinformation about it.

There are basically seven chakras (energy centers) in us. These seven chakras are responsible for our physical, emotional and mental well-being. Once we have our Self-realization, we feel these centers in the Subtle System within us. As the Kundalini rises and passes through the six centers (which are our energy centers in the spinal cord) and pierces the fontanelle area at the top of our head, it nourishes and revitalizes the centers (chakras) so that the person feels relaxed, calm and full of life.

These centers are for our physical, mental, emotional and spiritual needs. These centers are lit. Once the Kundalini has penetrated the final center, the fontanel area, which in our childhood was soft bone, it becomes one with the all-pervading power of divine love. A cool breeze, like very beautiful vibrations, begins to flow from your fingertips. We can also feel the cool breeze coming from the area of the fontanel bone above our head. It is the first experience of Self-realization.

The second experience is that when this Kundalini rises, it creates a state of thoughtless consciousness (Nirvichar Samadhi). People are always thinking about the future or the past. When the Kundalini rises, these thoughts become longer. There is a very small space between the thoughts (vilamba), which disperse, and a state of complete silence is created. So we are in the present, but without thoughts, without worries, without any anger and we are in the present, which is reality, and the past is no more and the future does not exist.

The purpose of the study was to find out the overall effectiveness of Sahaja yoga meditation on Hemoglobin and Blood Platelets of college students.

It was hypothesized that there would be positive effect of Sahaja yoga meditation on Hemoglobin and Blood Platelets of college students.

## PROCEDURE AND METHODOLOGY

For the purpose of the study 27 male and female students of D.A.V.P.G. College, Lucknow has been selected randomly. The age of the subjects was ranged between 18 to 25 Years. Keeping the feasibility criterion in mind, the following variables have been selected for the present study: **A. Dependent Variables:** Hemoglobin and Blood Platelets **B. Independent Variable:** Sahaja Yoga.

For the present study pre test – post test randomized group design which consists of experimental group and control group; have been used to find out effect of Sahaja yoga meditation on Hemoglobin and Blood Platelets of college students. The data had been collected before and after four weeks of Sahaja yoga meditation treatment. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) Technique to find out the effect of Sahaja yoga meditation on Hemoglobin and Blood Platelets of college students. The level of significance was set at 0.05.

## RESULTS AND DISCUSSIONS OF THE FINDINGS

The findings pertaining to descriptive statistics and analysis of Co-variance (ANCOVA) of experimental group and control group for the hemoglobin and blood platelets on college students have been presented in table No.1 to 4.

**Table - 1**  
**Descriptive Statistics of Experimental Group and Control Group in Hemoglobin**

GROUPS	Mean	Std. Deviation
Experimental	12.7050	1.67912
Control	12.6571	1.35997

It is evident from table - 1 the mean and standard deviation scores of experimental group and control group in Hemoglobin are 12.70 & 12.65 and 1.67 & 1.35 respectively.

**Table - 2**  
**ANCOVA between Experimental Group and Control Group in Hemoglobin**

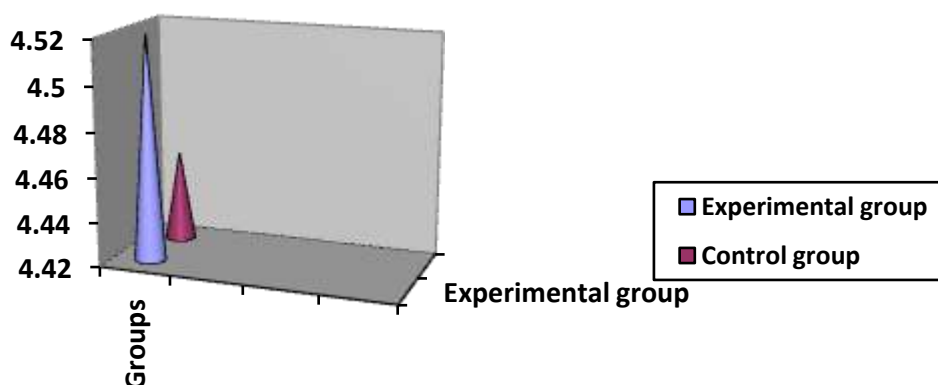
Sources of Variations	df	Sum of Squares	Mean Square	F-Value
Treatment Group Means	2-1=1	.032	.032	.055
Error	27-2-1=24	13.799	.575	

Significant at .05 levels,

F value required to be significant at 1, 24 df, table value (4.26)

It is evident from table-2 that a insignificant difference exists between experimental group and control group in relation to Hemoglobin as obtained 'F' ratio of .055 is lower than the value 4.26 required for significance at 0.05 level with (1,24) degree of freedom.

The graphical representation of mean scores of Hemoglobin of experimental group and control group has been presented in figure No.1.



**Figure :1- Comparison of Mean Scores of Experimental Group and Control Group in Hemoglobin**

**Table - 3**  
**Descriptive Statistics of Experimental Group and Control Group in Blood Platelets**

GROUPS	Mean	Std. Deviation
Experimental	221.7500	80.99310
Control	276.5714	89.71781

It is evident from table - 3 the mean and standard deviation scores of experimental group and control group in Blood Platelets are 221.7 & 276.5 and 80.9 & 89.7 respectively.

**Table - 4**  
**ANCOVA between Experimental Group and Control Group in Blood Platelets**

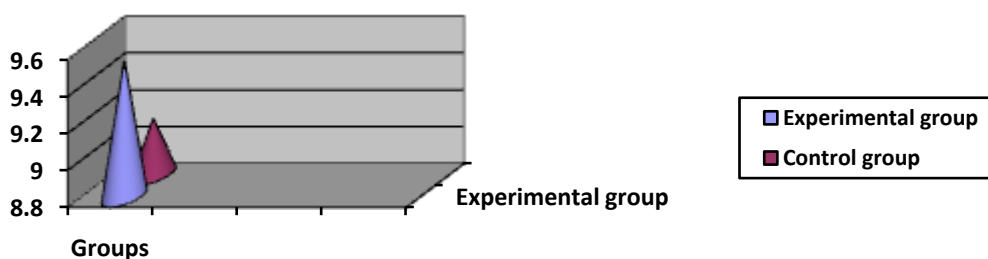
Sources of Variations	df	Sum of Squares	Mean Square	F-Value
Treatment Group Means	2-1=1	5042.277	5042.277	1.255
Error	27-2-1=24	96427.901	4017.829	

Significant at .05 levels,

F value required to be significant at 1, 24 df, table value (4.26)

It is evident from table-4 that a insignificant difference exists between experimental group and control group in relation to Blood Platelets as obtained 'F' ratio of 1.255 is lower than the value 4.26 required for significance at 0.05 level with (1,24) degree of freedom.

The graphical representation of mean scores of Blood Platelets of experimental group and control group has been presented in figure No.2.



**Figure :2- Comparison of Mean Scores of Experimental Group and Control Group in Blood Platelets**

The findings of the study revealed that insignificantly difference exist between experimental group and control group on Hemoglobin and Blood Platelets of college students the reason for this may be that Sahaja yoga meditation of four weeks duration did not prove to be effect in bringing change in hematological variables i.e., Hemoglobin and Blood Platelets on college students.

## **DISCUSSION OF HYPOTHESIS**

The hypothesis earlier set that would be positive effect of Sahaja yoga meditation on Hemoglobin and Blood Platelets of college students is rejected.

## **CONCLUSIONS**

On the basis of the findings of the study, the following conclusions are drawn:

1. Insignificant difference was found in Hemoglobin between experimental group and control group.
2. Insignificant difference was found in Blood Platelets between experimental group and control group.

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