

## “Study on Enriching Psychological Personalities of the Students by Vethathiri Maharishi’s Nine-Center Meditation Using Questionnaire Method”

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### Abstract

The Nine-center Meditation of Simplified Kundalini Yoga was formulated by sage Vethathiri Maharishi. It involves the following centers: Mooladhara, Swadhistana, Manipuraga, Anahatha, Visudhi, Agna, Thuriya, Shakthi Kalam and Shiva Kalam. Meditation is done on all the nine centers, seven of which are endocrine glands located within the physical body and Shakthi Kalam, Shiva Kalam are Universal field and Absolute space respectively. Meditation commences at Mooladhara Chakra; followed by meditation on each of other chakras and concludes when the mind merges with Absolute space. To prove the research concept, Students of two different schools pursuing 11<sup>th</sup> standard were selected and chosen one as experimental group and another one as controlled group. A self-assessment questionnaire comprising 30 queries was prepared and given to assess their behavior in home, class room and friends circle. After six month regular practice of the nine centre meditation, the former group of students progressed well compared to the later in the following: significant increase in Academic Marks, harmony in relation with parents, teachers, and friends. The government of Tamil Nadu has found Vethathiri maharishi’s Simplified Kundalini Yoga (SKY) practices result immense benefits in body and mind. So, it has now implemented compulsory SKY meditation classes in the morning in all government schools. This study was conducted to supplement the findings of government that the psychological behaviours of students can be streamlined and good academic progress can be obtained through Vethathiri maharishi’s SKY practices.

### Introduction

Yogiraj Vethathiri Maharishi (1911–2006) was a spiritual scientist and founder-trustee of the World Community Service Center in 1958 in Chennai. He founded over 300 yoga centers around the world and wrote about 80 books, many of which became academic textbooks. He was declared as 19th Siddha by the Dravidian University. Vethathiri Maharishi simplified the Traditional Kundalini Yoga and formulated this Nine Center Meditation. It involves the following centers: Mooladhara, Swadhisthana, Manipuraga, Anahatha, Visuddhi, Agna, Thuriya, Shakthi Kalam and Shiva Kalam. Meditation is done on all the nine centers, seven of which are glands located within the Physical body and Shakthi Kalam, Shiva Kalam are Universal field and Absolute space respectively.

The government of Tamil Nadu has found Vethathiri Maharishi’s Simplified Kundalini Yoga (SKY) practices result immense benefits in body and mind. So, it has now implemented compulsory SKY meditation classes in morning in all government schools. This study was conducted to supplement the findings of government that the psychological behaviours of students can be streamlined and good academic progress can be obtained through Vethathiri maharishi’s SKY practices. Meditation enhances positive emotions and mood, and appears to make people less vulnerable to the stresses and upsets of daily life. Research shows that meditators are better at regulating immediate responses to negative stimuli and have reduced activity in the amygdala – a region implicated in response to threat. These findings reflect greater emotional resilience among meditators as well as less psychological distress and anxiety. Mindfulness, which can be cultivated through meditation, is just one technique that can increase mental health and wellbeing. Several therapeutic techniques have been based on these practices, such as mindfulness-based stress reduction and mindfulness-based cognitive therapy. These treatments have had success in treating anxiety and mood disorders.

### Methodology

Forty four Boys Students of two different schools pursuing 11<sup>th</sup> standard were selected and divided equally one as experimental group and another one as controlled group to prove the research concept. The experimental

group students were given Initiation to Agna meditation, the first step, where the centre for life energy was shifted from Mooladhara centre to Agna centre through the Spinal cord. The other four centers viz. Swadhistana, Manipuraga, Anahatha, Visuddhi were bypassed during this process, for the simple reason that passing through each of these centers will consume a lot of time and effort. Next, they were initiated Thuriya, Shakthi Kalam and Shiva Kalam (called Thuriyatheetha). Finally, the left four centers were initiated. This Meditation has been designed in such a way that meditation on individual chakras becomes easy once the aspirant begins to meditate on Agna, Thuriya and Thuriyatheetha. Nine-Meditation commences at Mooladhara Chakra; followed by meditation on each of other chakras and concludes when the mind merges with Absolute space. The controlled group students were not given any meditation. A self-assessment questionnaire comprising 30 queries was prepared and given to assess their behaviors at home, class room and friends circle. Both groups were followed for six months for observing changes.

### Result and analysis

After six month regular practice of the nine centre meditation, the former group of students progressed well compared to the later in the following: significant increase in Academic Marks, harmony in relation with Parents, Teachers, and Friends. The controlled group students were not tested in the 3-month, so, their 0-month test vales were taken for 3-month. The academic marks for Experimental Group increased from 529 to 594. Whereas controlled group decreased from 653 to 606.

Marks out of 1200	Mid Term Test-1	Quarter yearly	Mid Term Test-2	Half yearly
Experimental group	529	599	562	594
Controlled group	653	607	556	606

### Self-Assessment questionnaire

Evaluation method: each question carried maximum 10 marks minimum 0 marks. For e.g. Qstn. no.1. I talk to my parents with love and respect

Always	Occasionally	Never
10 marks	5 marks	0 marks

Details of marks obtained by groups are as follows:

#### Behavior at home

1. I talk to my parents with love and respect

Marks out of 10	0-month	3-month	6-month
Experimental group	8.41	9.09	9.32
Controlled group	7.27	7.27	7.27

2. I obey my parents' orders immediately

Marks out of 10	0-month	3-month	6-month
Experimental group	5.45	7.95	8.41
Controlled group	6.14	6.14	6.36

3. I move with my brothers and sisters lovely

Marks out of 10	0-month	3-month	6-month
Experimental group	7.27	7.95	8.86
Controlled group	5.45	5.45	6.14

4. I do Homework daily

Marks out of 10	0-month	3-month	6-month
Experimental group	5.91	5.45	5.68
Controlled group	4.32	4.32	5.23

5. I move lovely with my relatives and guests

Marks out of 10	0-month	3-month	6-month
Experimental group	8.64	9.09	9.55
Controlled group	8.86	8.86	9.32

## 6. I am not getting angry at home

Marks out of 10	0-month	3-month	6-month
Experimental group	3.64	5.68	6.14
Controlled group	3.86	3.86	4.55

## 7. I am not lying with my parents

Marks out of 10	0-month	3-month	6-month
Experimental group	5.45	6.82	5.91
Controlled group	3.86	3.86	5.00

## 8. I go and worship at temples

Marks out of 10	0-month	3-month	6-month
Experimental group	6.59	6.82	7.27
Controlled group	7.95	7.95	7.05

## 9. I return home punctually

Marks out of 10	0-month	3-month	6-month
Experimental group	8.18	8.86	8.86
Controlled group	5.68	5.68	6.59

## 10. I don't get money from parents unnecessarily.

Marks out of 10	0-month	3-month	6-month
Experimental group	9.32	9.55	9.55
Controlled group	7.73	7.73	7.50

## Behavior in friends circle:

## 1. I don't get angry on my friends

Marks out of 10	0-month	3-month	6-month
Experimental group	4.77	6.59	7.27
Controlled group	5.68	5.68	6.36

## 2. I am not lying to my friends.

Marks out of 10	0-month	3-month	6-month
Experimental group	4.32	6.82	7.27
Controlled group	5.45	5.45	5.68

## 3. I don't quarrel with my friends

Marks out of 10	0-month	3-month	6-month
Experimental group	5.23	7.73	8.18
Controlled group	7.5	7.50	7.05

## 4. I help my friends in learning lessons

Marks out of 10	0-month	3-month	6-month
Experimental group	8.18	8.18	8.18
Controlled group	7.95	7.95	6.59

## 5. I don't comment badly on teachers with my friends

Marks out of 10	0-month	3-month	6-month
Experimental group	7.50	7.95	8.41
Controlled group	5.91	5.91	5.68

## 6. I don't indulge in unwanted talks and cinemas

Marks out of 10	0-month	3-month	6-month
Experimental group	4.77	5.68	5.91
Controlled group	3.64	3.64	2.95

## 7. I don't tease my friends

Marks out of 10	0-month	3-month	6-month
Experimental group	5.68	6.36	5.91
Controlled group	5	5.00	4.32

## 8. I don't indulge in any love affairs

Marks out of 10	0-month	3-month	6-month
Experimental group	6.14	7.73	7.73
Controlled group	7.73	7.73	6.36

## 9. I don't talk bad words

Marks out of 10	0-month	3-month	6-month
Experimental group	4.77	5.23	6.82
Controlled group	4.09	4.09	4.55

## 10. In sports, I don't feel sad while get defeated and excited while win

Marks out of 10	0-month	3-month	6-month
Experimental group	4.32	6.82	7.27
Controlled group	5.45	5.45	5.68

**Behavior in class room**

## 1. I do listen to lessons carefully

Marks out of 10	0-month	3-month	6-month
Experimental group	6.36	7.27	7.50
Controlled group	4.77	4.77	6.36

## 2. I do obey to the teachers

Marks out of 10	0-month	3-month	6-month
Experimental group	8.86	8.41	9.09
Controlled group	6.82	6.82	7.05

## 3. I do come to class punctually

Marks out of 10	0-month	3-month	6-month
Experimental group	8.86	9.09	9.09
Controlled group	9.09	9.09	9.55

## 4. I do move lovely with my classmates

Marks out of 10	0-month	3-month	6-month
Experimental group	9.09	9.77	10.00
Controlled group	9.32	9.32	8.64

## 5. I don't lie to the teachers

Marks out of 10	0-month	3-month	6-month
Experimental group	5.23	6.14	6.59
Controlled group	5.45	5.45	6.14

## 6. I don't malpractice in exam

Marks out of 10	0-month	3-month	6-month
Experimental group	6.36	5.91	7.05
Controlled group	6.14	6.14	7.27

## 7. I don't sleep in the class

Marks out of 10	0-month	3-month	6-month
Experimental group	8.18	8.86	9.32
Controlled group	7.05	7.05	7.50

## 8. I don't have the habits of smoking and drinking.

Marks out of 10	0-month	3-month	6-month
Experimental group	9.09	8.86	9.32
Controlled group	9.09	9.09	8.18

## 9. I do involve in co-curricular and extracurricular activities

Marks out of 10	0-month	3-month	6-month
Experimental group	5.68	7.05	7.50
Controlled group	4.32	4.32	5.00

## 10. I don't move with girl students beyond the limits

Marks out of 10	0-month	3-month	6-month
Experimental group	8.41	9.09	9.09
Controlled group	7.5	7.50	7.27

The experimental group students progressed significantly than controlled group students in most queries/exams except some declines in some questions due to any other diversions whereas controlled group students showed increased performance than experimental group in few queries/exams which may be due to any other motivations or realization they got. But as a whole the overall growth percentage is higher for experimental group.

It could be witnessed that this experimental group students have improved psychically, spiritually, intellectually, ethically and culturally. The above result shows if, one practices the Yoga regularly, the can gain sound mental health, long life, wisdom and peace in life.

### **Conclusion**

Our ancient Indian siddhas had understood the greatness of inward travel without which one cannot get enlightened. So they symbolically gave the word 'Divine' which denotes 'Dive+ in'. Vethathiri Maharishi who came in Tamil Siddhas heritage, has simplified traditional kundalini yoga and made easier to modern world. His Nine centre meditation regulates the psychological behaviors of student community.

### **References**

Government of Tamil nadu has issued an order vide G.O.no. 168 dt. 16.7.2007 highlighting the importance of "Manavalakalai Yoga (SKY) Practice" to be introduced in schools. <http://online.vethathiri.edu.in/portfolios/vision-education/http://theconversation.com/beyond-spirituality-the-role-of-meditation-in-mental-health-4326>