

## **Enhancement in the Emotional Intelligence level of students through practicing Raj yoga meditation**

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**Abstract:** *In present time a meaning of life that gives a perspective of humanity is required. It is also essential to build a character that gives inner strength and makes life meaningful. For that enhancement of EI is required to find a deep satisfaction in life. Emotional maturity becomes a person unselfish. It is essential to find 'win-win' solution to conflicts by enhancing EI, rather than to dominate others, so as to maintain better relationship. Emotional level of 50 students of J & J College of science, Nadiad, was measured by preparing the questionnaire on the basis of general emotions before and after practicing raj yoga meditation. Through the knowledge of spirituality, the students became aware about the self, supreme and laws governing the world drama. They gave keen attention on their routine daily life according to the questionnaire during the experimental period of four months. Various hypotheses were made and tested by two statistical methods, namely, Paired t test method and chi-square test method. It has been observed from the result that the attitude of the students become positive and their inner strength increases through Raj yoga meditation. By developing the Spiritual perception and realization they are able to deepen understanding, compassion and empathy in the life. It promotes positive emotions like self-confidence, patience, and satisfaction in them. Their ability to evaluate and to manage the emotions increases. Their capacity to remain stable in difficult situations increases through developing the power of acceptance.*

**Key words:** *Emotional maturity, emotional intelligence, human re-engineering*

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### **I. Introduction**

There are four quotients/intelligence namely, Intelligent Quotient (IQ), Emotional Quotient (EQ), Moral Quotient (MQ) and Spiritual Quotient (SQ) that govern the person's life. These intelligences provided a new definition of human nature.

Human beings are superior to all animals and birds because of our intelligence. Intelligence is a characteristic of the mind and not quite that of the body. IQ is an important asset of a person. It represents person's strength. It will help us personally. It is certainly good to be an intelligent, rational thinker and have a high IQ.

However, now there is a greater realization that IQ is not enough for one to succeed in all situations of life. Carnegie Institute of Technology shows that 85 percent of your financial success is due to skills in "human engineering," your personality and ability to communicate, negotiate, and lead. Shockingly, only 15 percent is due to technical knowledge."

Psychologists generally agree that among the ingredients for success, IQ counts for roughly 10% (at best 25%); the rest depends on everything else—including EQ. A study of Harvard graduates in business, law, medicine and teaching showed a negative or zero correlation between an IQ indicator (entrance exam scores) and subsequent career success (1,2).

"EQ means being aware of your own feelings and those of others, regulating these feelings in yourself and others, using emotions that are appropriate to the situation, self-motivation and building relationships." (3-5) Person's moods have the ability to resolve problems. This is an important skill to develop and use. Using a well-developed EQ, a person can be able to manage his emotions easily. (6-10)

People with high emotional intelligence are adept at using empathy and constructive communication to create a collaborative, cooperative work environment. They naturally relate well to others; are able to accomplish more through encouragement and persuasion; and excel at inspiring, guiding, and leading others to achieve their best work. As performers, they tend to be flexible, adaptive and confident.

In brief: "Your EQ is the level of your ability to understand other people, what motivates them and how to work cooperatively with them," says Howard Gardner. Therefore, each one of us must develop the mature emotional intelligence skills. (11)

In fact, how well we do in our life and career is determined by both IQ and EQ. Because IQ represents the strength of the mind while EQ represents its health. If somebody cannot think beyond IQ and EQ then he may utilize his body-mind combine to cheat others for narrow selfish gains. This does not meet the higher objectives of life. So we must educate ourselves to utilize the instruments of body and mind for positive purposes. This is reflected by MQ and SQ.(12)

“MQ directly follows EQ as it deals with our integrity, responsibility, sympathy, and forgiveness. The way we treat ourselves is the way other people will treat us. Keeping commitments, maintaining our integrity, and being honest are crucial to moral intelligence.”

EQ links strongly with concepts of love and spirituality (SQ). SQ is about compassion and creativity, self-awareness and self-esteem, flexibility and gratitude. It is only SQ that sets humans apart from both machines and animals(13-15). It is concerned with the inner life of mind and spirit and its relationship to being in the world. It implies a capacity for a deep understanding of existential questions and insight into multiple levels of consciousness. It also implies awareness of spirit as the creative life force of evolution. In addition to self-awareness, it implies awareness of our relationship to the transcendent. It is the central and most fundamental of all the intelligences because it becomes the source of guidance of the other three. Spiritual intelligence represents our drive for meaning and connection with the infinite (16, 17). Spiritual intelligence can therefore, be described as conscience.

Man is the living spirit, and his three great attributes are will, activity, and the power to know (18). To any spiritual intelligence, all grades of head and heart can turn in worship, in love, in trust, otherwise the spiritual nature cannot awake, cannot develop. It is not the object of worship but the attitude of the worshipper that rouses the emotions which stimulate spiritual growth(19,20).

In short, SQ is the foundation of IQ, EQ and MQ because it helps the person to use his total Mind Potential. It takes a person beyond Cast, Creed, Colour, Post, Position and develops the sense of equality and brotherhood. Hence, Emotional Intelligence can only be enhanced by enhancing Spiritual Quotient.

#### **Scope of the study:**

The researchers who are interested to work on the topic of emotion behaviour of a person through raj yoga meditation can study the particular emotion in details. Various groups can be taken for the study for their emotional indolence like male, female, teacher, manager, student etc. A study can further be extended by taking the group of rural and urban people and comparison can be carried out. This is only a primary level study.

## **II. Methodology**

From the practical experience of various people who practicing meditation, we found that it is possible to enhance EI of a person through this technique. So, we decided to study the effect of Raj Yoga Meditation on the students of J. & J. College of Science, Nadiad.

For our work, we selected a group of students of J. and J. College of Science, Nadiad who were interested to join the project voluntarily. We taught them Raj yoga meditation step by step during the time period of our work. We met them twice a week. In the first meeting with students, we understood the theme or the purpose of the work to students. Gradually, we gave basic information about IQ, EQ, MQ and SQ. We explained them about the need of emotional intelligence, positive thinking and benefits of Raj yoga meditation in life.

For practicing Raj yoga meditation, spiritual perception and realization is essential. So we provided essential knowledge regarding the self, supreme power and the various laws that governs the world drama to them.(21-23) Various meditation commentaries are formulated for practicing Raj yoga meditation.(24) Videos regarding the meditation and effect of thoughts on health have been shown to them to develop their understanding power and visualization power.

We used survey method for data collection. The questionnaire and interview techniques are the two kinds of tools for collecting data usually employed in this method. From that, we used the questionnaire technique to collect the data. We prepared a close structured questionnaire which contained preordained questions. The students were given the questionnaire before and after practicing Raj yoga meditation to evaluate their mental and emotional level. The students were given approximately four months for practicing Raj yoga meditation. The scores were collected on 5 point scale: (rarely (<=20%), sometimes (>20 but <= 40%), moderate (>40% but <=60%), good (>60% but <=80%), very good (>80%)). From the data obtained, detailed analysis was carried out. Questionnaire was given to the students and data obtained is given in Appendix-1 and Appendix-2.

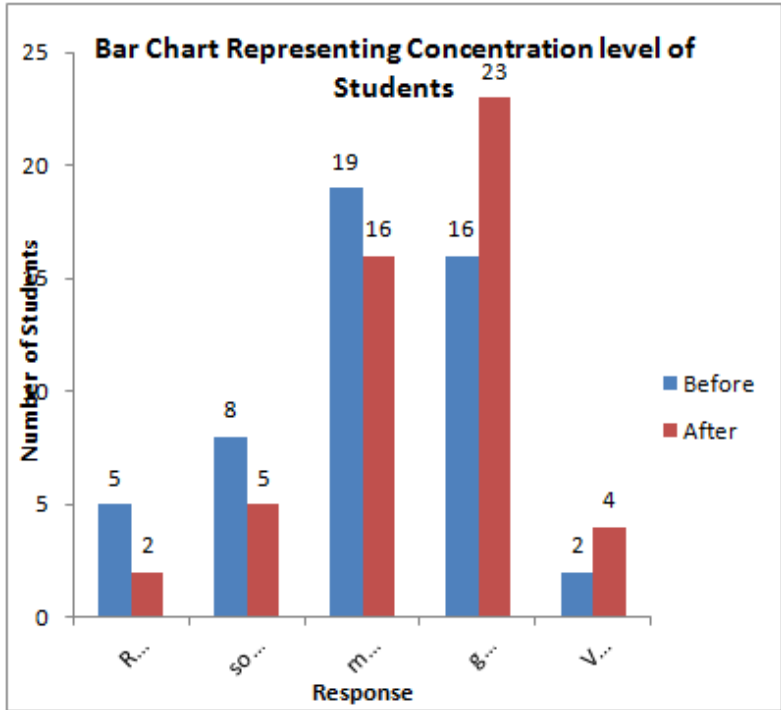
## **III. Data Analysis**

### **3.1 Graphical representation**

Data collected from the questionnaire is tabulated question wise. Graphical representation for the first two questions is shown below and likewise the graphs were prepared for all the other questions.

General concluding remarks for each question based on the graph is given below.

**Question 1: I can do my all work with full concentration.**

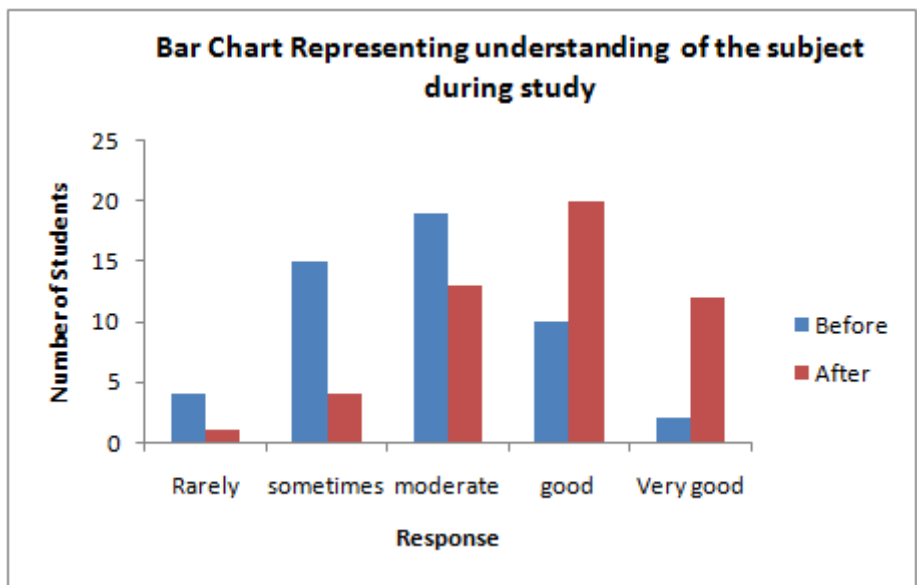


Response	No of Students	
	Before	After
Rarely	4	1
sometimes	15	4
moderate	19	13
good	10	20
Very good	2	12

**Interpretation:** It has been observed from the graph that the concentration of students increases through practicing meditation.

**Question 2: I can understand the subject during my study.**

Response	No of Students	
	Before	After
rarely	5	2
sometimes	8	5
moderate	19	16
good	16	23
Very good	2	4



**Interpretation:** It has been concluded from the observed data that on an average there is an increase in power to understand the subject due to increasing concentration through practicing meditation.

**Question 3: I can face difficult situation with peaceful mind.**

**Interpretation:** It has been observed from the result that the meditation can make a mind peaceful, so that one can be able to face difficult situation.

**Question 4: I always have positive attitude in all the situations.**

**Interpretation:** It has been observed from the result that the spiritual perception become helpful to increase the positive attitude in students towards situation.

**Question 5: I remain patient in all situations.**

**Interpretation:** It has been observed that Raj yoga meditation through spiritual perception can help in increasing the patient in life.

**Question 6: I feel depressed when I don't achieve my goal.**

**Interpretation:** It has been observed that spiritual knowledge and Raj yoga meditation helps the students, how to remain stable when there arise a difficulty in achieving the goal without being depressed.

**Question 7: I am satisfied with my personality, nature and habits.**

**Interpretation:** It is concluded from the result that the spiritual understanding increases the self-satisfaction in students.

**Question 8: I am free from jealousy in my relationships.**

**Interpretation:** Through understanding the various laws of world drama, the capacity to remain free from jealousy increases among the students.

**Question 9: I am curious to compromise for others happiness.**

**Interpretation:** It has been observed from the result that through spiritual perception and practicing Raj yoga meditation, the capacity to compromise for others happiness is increases.

**Question 10: I am away from 'Tit for Tat' attitude.**

**Interpretation:** Spiritual knowledge and practice of meditation can develop the attitude of letting go, by which the tendency of 'Tit for Tat' decreases to some level. It is not an easy task to change the negative emotions of self in one or two months, but it requires continuous practice and attention. Then only the positive attitude is developed in life. But I appreciate the students who participate in my project and try to develop the positive emotions in their life which is really beneficial to them.

**Question 11: When someone shows me my weaknesses or faults, then also I have an ability to see them with positive attitude without any prejudice.**

**Interpretation:** It has been observed from the result that there is a synergistic effect of meditation, positive thinking and spiritual knowledge in making attitude positive of a student towards a person who shows them their weakness without any prejudices.

**Question 12: I am able to do and accept pure and selfless love.**

**Interpretation:** By developing a brotherhood relationship with everyone, then it is possible to do and accept selfless love to all. It has been observed from the data that the spiritual knowledge can able to increase this attitude among the participants.

**Question13: I can remain peaceful and healthy in adverse condition also.**

**Interpretation:** It has been observed from the data that Raj yoga meditation increase the peace of mind of students in adverse condition like exam time, family disturbance etc. and therefore, can remain healthy.

**Question 14: I am an able to accept bitter truth easily.**

**Interpretation:** It has been observed from the data that there is a little change to accept bitter truth easily. It requires more practice to attain this stage.

**Question15: I feel myself insecure/unsafe.**

**Interpretation:** It has been observed from the data that practice of meditation and spiritual knowledge helps in decreasing these feelings. Regular meditation can be able to make them free from this type of feelings.

**Question16: I can adjust with anyone in any situation.**

**Interpretation:** It has been observed that there is a sharp change in adjustment power through practicing meditation and understanding of true knowledge.

**Question17: I get disturbed when someone criticizes me.**

**Interpretation:** Through the power of spiritual knowledge, the students can become able to assess the self, and therefore, the tendencies to getting disturb decreases when someone criticizes them. Through practicing meditation, they can able to develop the capacity to remain peaceful.

**Question18: Once a pessimistic thought enters into my mind, it is very difficult to come out of it.**

**Interpretation:** Spiritual perception and Raj yoga meditation helps in increasing the positive attitude among the students, by which the capacity level to come out from the pessimistic thoughts increases at some level.

**Question19: I get angry very easily.**

**Interpretation:** It has been observed that anger level decreases tremendously among the students in very short period of meditation practice.

**Question 20: I am not satisfied with my work unless someone praises it.**

**Interpretation:** Spiritual perception and meditation practice develop self-awareness and self confidence among the students which increase the power of self-satisfaction.

**Question21: I can appreciate and praise any person for their good job.**

**Interpretation:** Spiritual perception develop positive attitude among the students which ultimately increase the power of appreciation for a good job.

**Question22: After thinking properly, I start any work.**

**Interpretation:** It has been observed that the capacity of proper thinking before performing any work increases through practicing meditation. Because meditation is a process to talk with the self silently, be aware about the self and also to evaluate the self.

**Question 23: I am a moody person.**

**Interpretation:** It has been observed from the result that spiritual perception and realization through meditation help as a mood elevator for the students.

**Question 24: I hesitate to speak in public or to unknown persons.**

**Interpretation:**It has been observed that by practicing meditation the tendency of hesitating to speak in public or against the unknown person decreases due to the increase in self-confidence.

**Question25: I always blame others for unfavourable situations of my life.**

**Interpretation:** It has been observed that through the perception of spiritual knowledge, the students become more capable to understand that no one is responsible for my unfavourable situations. But only and only myself is responsible for my situations.

**Question 26:I am afraid of rejection/disapproval/failure.**

**Interpretation:** It has been observed that the tendency of rejection/disapproval decreases through Raj yoga meditation due to the development of self-confidence and self-esteem.

**Question27: I have creative visualization ability during the study of my science subject.**

**Interpretation:** Meditation itself is a process of creative visualization and therefore, it enhances the creativity of mind by which creative visualization of a particular subject becomes easy. It has been observed from the data that there is a small increase in this power, but students can able to increase this power through regular practice.

**Question 28: I can oblige to unobliged.**

**Interpretation:** Very minor changes observed in this. This can be increase through applying the laws governing the world drama.

**Question 29: I make impulse purchases.**

**Interpretation:** It has been observed that the tendency of impulse purchases decreases in a great amount due to developing the self-controlling power through meditation and spiritual knowledge.

**Question 30: I am stubborn and I cannot compromise.**

**Interpretation:** Practicing Raj yoga meditation and applying spirituality in life, it is observed that the tendency of stubbornness decreases and the level of compromise increases.

### 3.2 Tests of Hypothesis

Various hypotheses were made and tested by statistical methods.

For testing the hypothesis, we have to prepare two statements:

- 1) Null Hypothesis denoted by  $H_0$
- 2) Alternative Hypothesis denoted by  $H_1$

#### 3.2.1 The following aspects were tested considering the data on students before and after practicing Raj yoga meditation, using nonparametric Wilcoxon's Signed Rank Test and McNemar's test.

- 1) Raj yoga meditation helps to increase the concentration power.
- 2) Raj yoga meditation helps to control the negative emotions and increase the positive attitude.
- 3) Raj yoga meditation helps to increase the patience.
- 4) Level of self-confidence increases through practicing raj yoga meditation.
- 5) Raj yoga Meditation helps in increasing the level of benevolence.
- 6) Compromise level increasing through raj yoga meditation.
- 7) Depression ability decreases this when they don't achieve them goal through raj yoga meditation.

In Statistics, the **Wilcoxon's signed-rank test** is a non-parametric statistical hypothesis test used when comparing two related samples, matched samples, or repeated measurements on a single sample to assess whether their population mean ranks differ. It can be used as an alternative to the paired Student's t-test, t-test for matched pairs, or the t-test for dependent samples when the population cannot be assumed to be normally distributed. Following are the assumptions under which this test can be applicable:

1. Data are paired and come from the same population.
2. Each pair is chosen randomly and independently.
3. The data are measured at least on an ordinal scale (cannot be nominal).

Test Procedure: Let  $N$  be the sample size, the number of pairs. Thus, there are a total of  $2N$  data points.

For  $i = 1, 2, \dots, N$ , let  $x_{1,i}$  and  $x_{2,i}$  denote the measurements.

$H_0$ : median difference between the pairs is zero

$H_1$ : median difference is not zero.

1. For  $i = 1, 2, \dots, N$ , calculate  $|x_{2,i} - x_{1,i}|$  and, where consider the sign of  $(x_{2,i} - x_{1,i})$ .
2. Exclude pairs with  $|x_{2,i} - x_{1,i}| = 0$ . Let  $N_r$  be the reduced sample size.
3. Order the remaining  $N_r$  pairs from smallest absolute difference to largest absolute difference,  $|x_{2,i} - x_{1,i}|$ .
4. Rank the pairs, starting with the smallest as 1. Ties receive a rank equal to the average of the ranks they span. Let  $R_i$  denote the rank.
5. Calculate the test statistic  $W = \left| \sum_{i=1}^{N_r} \text{signof}(x_{2,i} - x_{1,i}) \cdot R_i \right|$ , which is the absolute value of the sum of the signed ranks.

The value of the test statistic  $W$  is compared with the critical value from the standard table; if  $W > \text{Critical Value}$ , then the null hypothesis is rejected.

In Statistics, **McNemar's test** is a statistical test used on paired nominal data. It is applied to  $2 \times 2$  contingency tables with a dichotomous trait, with matched pairs of subjects, to determine whether the row and column marginal frequencies are equal, that is, whether there is "marginal homogeneity".

The test is applied to a  $2 \times 2$  contingency table, which tabulates the outcomes of two tests on a sample of  $n$  subjects, as follows.

	Test 2 positive	Test 2 negative	Row total
Test 1 positive	a	b	a + b
Test 1 negative	c	d	c + d
Column total	a + c	b + d	n

The null hypothesis of marginal homogeneity states that the two marginal probabilities for each outcome are the same, i.e.  $p_a + p_b = p_a + p_c$  and  $p_c + p_d = p_b + p_d$ .

Thus the null and alternative hypotheses are

$$H_0 : p_b = p_c$$

$$H_1 : p_b \neq p_c$$

Here  $p_a$ , etc., denote the theoretical probability of occurrences in cells with the corresponding label.

The McNemar test statistics is:

$$\chi^2 = \frac{(b - c)^2}{b + c}$$

Under the null hypothesis, with a sufficiently large number of discordant (cells b and c),  $\chi^2$  has a chi-squared distribution with 1 degree of freedom. If the  $\chi^2$  result is significant, this provides sufficient evidence to reject the null hypothesis, in favour of the alternative hypothesis that  $p_b \neq p_c$ , which would mean that the marginal proportions are significantly different from each other.

**P – Value:** P – Value is another criterion to conclude the null hypothesis should be rejected or not. It is the probability, assuming the null hypothesis is true, of observing a result at least as extreme as the test statistic. Thus, if P – Value < level of significance, then one should reject the null hypothesis, otherwise do not reject the null hypothesis.

**Both the above mentioned tests are carried out using “R Programming Language”.**

**Hypothesis 1:** Raj yoga meditation helps to increase the concentration power.

$H_0$ : Concentration power remainssame before and after practicing Raj yoga Meditation.

Vs.  $H_1$ : Concentration power increases after practicing Raj yoga Meditation.

Value of Wilcoxon test statistic = W = 24, P-Value = 2.533e-07

For testing the Hypothesis 1, using McNemar Test, the 2 x 2 contingency table would be as follows:

		After Meditation	
		Concentration power <= 40%	Concentration power > 40%
Before meditation	Concentration power <= 40%	5	14
	Concentration power > 40%	0	31

Value of McNemar test statistic = 12.0714, P – Value = 0.000512

**Conclusion:** we reject  $H_0$  at 5% level of significance on the basis of both, the Wilcoxon Signed-rank test and McNemar test, and conclude that meditation increases the concentration power among the students.

In a similar manner the hypothesis related to the other six questions listed above are tested using wilcoxon’s signed rank test and McNemar’s test and the conclusions are as follows:

It has been observed that, the Raj Yoga Meditation helps students to - control the negative emotions and increase the positive attitude, increase the patience, increase the level of self-confidence, increase the level of benevolence, increase compromise level, decrease the depression level when experiencing some down time.

**IV. Results And Discussion**

From the data obtained, it is concluded that Raj yoga meditation definitely enhance the emotional intelligence of the students. It has been observed that through the knowledge of spirituality the students became aware about the self, supreme and matter in a manner that what are the actual function of all these in the world drama. Through the understanding of various laws that governing world drama, students can easily able to judge their level of emotional intelligence. The attitude of the students becomes positive through spiritual perception. They can obtain power by connecting the self with the supreme. Through practicing meditation, they learn how to talk with the self, how to do the positive programming of subconscious mind so that it will be more helpful to them for their further progress in life.

It has been observed that by developing the Spiritual perception and realization they are able to deepen understanding, compassion and empathy in the self towards the life. It promotes positive emotions like self-

confidence, patience, and satisfaction in them. They find peace of mind in their daily life by practicing meditation. Their concentration power increases. Their capacity to remain stable in difficult situations increases through developing power of acceptance.

It has also been observed that, the Raj Yoga Meditation helps students to - control the negative emotions and increase the positive attitude, increase the patience, increase the level of self-confidence, increase the level of benevolence, increase compromise level, decrease the depression level when experiencing some down time.

Through the knowledge of laws governing the world drama, they become aware about their karma. They are able to compromise the self for the happiness of others. This tendency decreases the stubbornness attitude of their life. They developed a confidence that they have an ability to get control over emotion like impulsiveness, anger, nervousness etc. Their understanding level and attitude towards the life changes, which makes them free from various negative emotions like jealousy, false pride, blaming to others for their unfavourable situations etc. So, their level of happiness in life increases. They understood that the decisions which are taken after thinking properly and in a peaceful mind gives better result rather than a decision taken without proper understanding the situation, or taken in a hurried manner.

Through practicing meditation their ability to accept the bitter truth, weaknesses or faults of themselves increases. They increase their ability to see a person who shows them their weaknesses or faults as a well-wisher.

Through developing the close relationship with the Supreme, the feeling of insecurity, disapproval, rejection etc. decreases. The ability to oblige the unobliged increases. They are able to use their emotions as energy source rather than temper tantrums.

Emotional Intelligence links strongly with concepts of love and spirituality. In the last decade or so, science has discovered a tremendous amount about the role emotions play in our lives. Researchers have found that even more than IQ, your emotional awareness and abilities to handle feelings will determine your success and happiness in all walks of life, including family relationships. It has been observed from the data obtained and from the practical experience of the students that practicing meditation and implementing spiritual knowledge in life can make a person emotionally intelligent. People in good moods are better at inductive reasoning and creative problem solving. Through practicing meditation the students increase their ability to evaluate and to manage the emotions.

## **V. Feedback From The Students**

“Meditation is the bridge between soul and supreme soul”. Through practicing meditation we can control our negative motions like anger, jealousy, greed etc. Those are not beneficial to us and that of others. We increase our concentration understanding power, creative visualization power and self-confidence. We can easily co-operate others by developing a approach o brotherhood. Through the knowledge of law of ‘cause and effect’ everyone knows that ‘as you saw, so you reap’. The practice of meditation helps us to practically experience this law. By practicing meditation we feel peace, bliss, inner strength and happiness in our life enhancement of EI through raj yoga meditation can increase our healing capacity, so that we can improve our physical as well as mental health.

In meditation there is no need of any ritual process like to lightening a lamp, a picture of deity, any religious books, no need to repeat any mantra etc. But it is a process of linking the self with supreme through mind and intellect.

Meditation is a method of purification of soul by taking powers from the ocean of a power the supreme power.

By implementing spiritual knowledge and raj yoga meditation in daily routine life, our attitude becomes positive, so that we can become free from waste and negative thinking which saves our mental energy our stress level decrease. This makes us a happy in life. Our approach towards life becomes positive which helps to develop our internal as well as external personality.

The practice of raj yoga meditation increases our memory power, work efficiency and mind power.

We can behave benevolent for the self, others and environment around us by radiating positive power through meditation.



**APPENDIX-1**

**Name of the student:**      **Name of the institution:**  
**Class:**                      **Phone No(R):**  
**Address of Residence:**      **Mobile No.:**  
**Questionnaire for EQ Test**

Sr. No.	Statement to be asked	Percentage(%)				
		20	40	60	80	100
1	I can do my all work with full concentration.					
2	I can understand the subject during my study.					
3	I can face difficult situation with peaceful mind.					
4	I always have positive attitude in all the situations.					
5	I remain patient in all situations.					
6	I feel depressed when I don't achieve my goal.					
7	I am satisfied with my personality, nature and habits.					
8	I am free from jealousy in my relationships.					
9	I am curious to compromise for others happiness.					
10	I am away from 'Tit for Tat' attitude.					
11	When someone shows me my weaknesses or faults, then also I have an ability to see them with positive attitude without any prejudice.					
12	I am able to do and accept pure and selfless love.					
13	I can remain peaceful and healthy in adverse condition also.					
14	I am an able to accept bitter truth easily.					
15	I feel myself insecure/unsafe.					
16	I can adjust with anyone in any situation.					
17	I get disturbed when someone criticizes me.					
18	Once a pessimistic thought enters into my mind, it is very difficult to come out of it.					
19	I got angry very easily.					
20	I am not satisfied with my work unless someone praises it.					
21	I can appreciate and praise any person for their good job.					
22	After thinking properly, I start any work.					
23	I am a moody person.					
24	I hesitate to speak in public or to unknown persons.					
25	I always blame others for unfavorable situations of my life.					
26	I am afraid of rejection/disapproval/failure.					
27	I have creative visualization ability during the study of my science subject.					
28	I can oblige to unobliged.					
29	I make impulse purchases.					
30	I am stubborn and I cannot compromise.					

**APPENDIX- II**

Statement	Before Meditation						Statement	After Meditation					
	20	40	60	80	100	Total		20	40	60	80	100	Total
1	4	15	19	10	2	50	1	1	4	13	20	12	50
2	5	8	19	16	2	50	2	2	5	16	23	4	50
3	6	14	18	7	5	50	3	2	6	17	20	5	50
4	4	19	12	13	2	50	4	1	7	20	15	7	50
5	8	14	18	8	2	50	5	0	7	15	25	3	50
6	10	7	10	15	8	50	6	15	12	10	9	4	50
7	7	8	12	15	8	50	7	2	5	15	20	8	50
8	6	8	13	17	6	50	8	3	5	9	21	12	50
9	5	5	12	17	11	50	9	5	3	9	25	8	50
10	6	11	16	12	5	50	10	5	8	15	15	7	50
11	2	11	19	10	8	50	11	2	5	8	25	10	50
12	4	2	13	22	9	50	12	0	0	10	30	10	50
13	11	14	10	14	1	50	13	2	9	21	15	3	50
14	6	8	19	15	2	50	14	2	8	18	15	7	50
15	25	11	6	6	2	50	15	30	8	9	3	0	50
16	3	3	19	16	9	50	16	0	0	12	26	12	50
17	6	8	18	13	5	50	17	19	12	12	7	0	50
18	8	12	6	16	8	50	18	25	7	8	7	3	50
19	13	5	16	10	6	50	19	18	12	12	6	2	50
20	17	14	12	3	4	50	20	25	12	8	5	0	50
21	2	3	7	24	14	50	21	0	2	21	12	15	50
22	3	6	21	16	4	50	22	0	5	25	13	7	50
23	15	12	10	9	4	50	23	21	15	6	6	2	50
24	6	9	14	8	13	50	24	8	19	9	11	3	50
25	21	16	10	3	0	50	25	35	12	3	0	0	50

26	13	12	9	12	4	50	26	23	12	13	2	0	50
27	4	9	19	14	4	50	27	2	7	19	16	6	50
28	4	6	20	17	3	50	28	3	6	19	16	6	50
29	16	12	9	12	1	50	29	25	13	7	5	0	50
30	18	14	9	7	2	50	30	25	12	6	7	0	50

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