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# The Impact of Rajayoga Meditation on Women's Empowerment

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**Abstract--** This study presents an analysis of the impact of Raja Yoga meditation on women's overall empowerment, systematically examining its mental, emotional, social, economic, and spiritual dimensions. The research objective was to determine how Raja Yoga meditation produces transformative effects on individual thoughts, emotions, behavior, and decision-making, and how this practice advances women's self-awareness, self-control, mental balance, and social participation. Using descriptive and mixed research methods, data were collected from 34 regular female practitioners at the Brahma Kumaris Service Centre in Kaithal, Haryana. Data collection involved a highly reliable (Cronbach's  $\alpha = 0.9895$ ) and validated questionnaire and interview methodology developed by the researcher.

Results showed that Raja Yoga meditation significantly improved women's personal development (74.72%), mental and emotional balance (72.50%), social and family life (68.61%), and spiritual progress (68.61%). Levels of economic and educational empowerment were relatively low (63.33%), although improvements in a positive direction were clearly visible.

Overall, the study establishes that Raja Yoga meditation is an effective, sustainable, and scientifically supported tool for women's multifaceted development. It not only promotes psycho-spiritual growth but also inspires women to lead balanced, conscious, and self-reliant lives, thereby significantly contributing to the moral and social development of society.

**keywords – Raja Yoga Meditation , Women Empowerment, Brahma Kumaris , Spiritual Growth, Decision Making**

## I. RESEARCH INTRODUCTION

The present study, titled "Impact of Raja Yoga Meditation on Women's Empowerment," aims to analyze the processes of women's empowerment through spiritual practice. While the role of women in contemporary social structures is constantly expanding, the need for significant change remains in the areas of their physical health, mental stability, emotional balance, economic independence, and spiritual advancement. In these circumstances, women's holistic development requires a method that strengthens their inner strength, self-respect, and self-confidence.

Raja Yoga meditation, propagated by the Brahma Kumaris organization, is a spiritual practice renowned for its positive psychological and spiritual transformation.

Raja Yoga meditation develops self-awareness, self-control, and self-empowerment, enhancing women's self-confidence, decision-making, behavioral balance, social participation, and life-management skills. This study specifically examines how Raja Yoga meditation impacts women's physical, mental, emotional, social, economic, and spiritual dimensions, leading them toward true empowerment.

To ensure the scientificity and impartiality of the research, Brahma Kumaris Seva Kendra located in Sector-20 of Kaithal city has been chosen as the study site, where its effectiveness has been tested on the basis of empirical data obtained from women who regularly practice Rajyoga.

## II. NEED FOR THE STUDY/RELEVANCE OF THE RESEARCH

Men and women are the fundamental units of society, possessing equal rights and capabilities. Yet, the social structure has long maintained a tendency to prioritize men and place women second, limiting women's rights, opportunities, and respect. History, invasions, social norms, and malpractices have confined women to the confines of the home, resulting in their physical, mental, economic, and social status being weakened. This imbalance has also impacted society's moral, educational, and economic progress.

Social reformers and thinkers recognized that women's empowerment was essential for a stable and advanced society. This ideology led to opportunities for women in diverse fields, including education, employment, justice, the military, business, and sports, which increased their self-confidence, awareness, and consciousness of their rights. After independence, the right to equality in the Constitution accelerated this process, yet complete equality at the social and economic levels has not yet been fully established.

While progress has certainly been made over the years—women's participation has increased in various fields and their political representation has strengthened. However, a profound change in mindset and internal empowerment remains necessary.

In this context, Raja Yoga meditation emerges as an effective tool for developing women's self-confidence, self-awareness, mental clarity, and self-esteem.



This study is relevant because it evaluates how spiritual practices can contribute to women's genuine, lasting, and multifaceted empowerment.

### III. OBJECTIVES OF THE STUDY

#### *A. Analyzing the Practical Effects of Raja Yoga Meditation*

The aim of this study is to evaluate the effects of Raja Yoga meditation on personality, thoughts, emotions and behaviour and how helpful this practice is in developing mental balance, emotional stability, self-control and positive thinking.

#### *B. To examine the impact of Raja Yoga on various dimensions of women empowerment*

The study will examine how Raja Yoga meditation contributes to the physical, mental, social, economic and spiritual development of women and how this practice strengthens self-confidence, decision-making, leadership and self-esteem.

#### *C. To study the effects of Raja Yoga based empowerment in family and society*

The research aims to understand the positive impacts of women empowerment on family harmony, social morality, balanced use of resources and overall progress of the community.

#### *D. To enhance the academic and spiritual knowledge of the researcher*

The study provides the researcher with an opportunity to deeply understand the principles and practical aspects of Raja Yoga, which not only enhances the quality of research but also enables personal spiritual development.

#### *E. Providing reference material for future research*

This study will provide useful guidance and basic material for future researchers doing research in the fields of yoga, meditation, spiritual psychology and women's development.

#### *F. To achieve the academic goal of the researcher to obtain a doctorate.*

One formal purpose of the study is to assist the researcher in meeting the academic standards required to obtain a Ph.D.

### IV. OPERATIONAL DEFINITION

#### *A. Raja Yoga Meditation*

Raja Yoga meditation is an ancient spiritual practice aimed at developing self-awareness, mental purity, and an inner connection with the divine.

Raja Yoga, taught by the Brahma Kumaris, is essentially a thought-based meditation in which the practitioner focuses their consciousness on self-realization and experiences spiritual energy and peace by establishing a mental connection with the formless Supreme Being. This practice provides positive direction to the mind and intellect, leading to stress control, emotional balance, self-control, and self-empowerment. Raja Yoga brings positive changes to a person's entire personality—thoughts, values, behavior, and decision-making—making life balanced, ethical, and purposeful.

#### *Key Benefits of Raja Yoga Meditation (in Brief)*

- 1) Develops self-awareness and mental balance.
- 2) Strengthens moral values, positive qualities and spiritual strength.
- 3) Effectively reduces stress, anxiety and mental pressure.
- 4) Motivates the individual towards self-development, goal-orientedness and overall progress.

#### *B. Women Empowerment*

Women's empowerment is a holistic and multifaceted process aimed at empowering women economically, socially, mentally, emotionally, and spiritually, enabling them to make independent decisions about their lives and achieve equal status in society. This process strengthens women's personal and social development by providing them with rights, opportunities, resources, and representation.

#### *Major dimensions of women empowerment-*

##### *1) economic self-reliance*

To make women financially independent through employment, entrepreneurship, skill-development and financial literacy.

##### *2) physical and mental health*

Access to health services, nutrition, reproductive health and mental balance form the basis of women's well-being .

##### *3) legal empowerment*

To provide awareness to women about their constitutional rights, protection laws and judicial procedures.

##### *4) Social acceptance and support*

To ensure equal respect, opportunities and participation to women by society and family.



*5) Leadership and decision-making abilities*

To promote active participation and leadership of women in administration, politics, education, business and social institutions.

*6) Digital Empowerment*

Develop an understanding of digital devices, the internet, online services and digital banking, so that women can connect with modern opportunities.

*7) spiritual advancement*

Developing self-awareness, self-control, and positive thinking through practices like Raja Yoga, leading to profound inner strength and emotional stability.

*8) Security and self-defense*

Knowledge of safety measures, self-defense techniques and legal aid increases confidence and sense of security among women.

*9) Family Support*

Equal rights, decision-making participation and encouragement in the family are very important elements for the personality development of women.

*10) Mental toughness and self-confidence*

Positive attitude, problem-solving skills and mental strength enable women to face challenges effectively.

*C. Holistic approach*

Women's empowerment is not limited to any one area; it is the result of the combined and balanced development of multiple dimensions such as education, health, economic independence, social respect, technical skills, leadership, and spiritual development. True empowerment is possible only when women experience freedom, respect, security, and equal opportunities in every sphere of life.

**V. LITERATURE REVIEWS**

*A. Brahma Kumaris (2018)*

This book presents Raja Yoga meditation as a means of self-transformation and self-awareness. The author explains that Raja Yoga contributes to the overall development of personality by purifying, calming, and balancing one's thoughts, emotions, and behavior. This literature provides the basis for the current study, examining how meditation can develop self-confidence and self-esteem in women.

*B. Sharma (2015)*

Sharma's study focuses on the relationship between spirituality and women's empowerment in the Indian context. The book explains that spiritual practices—such as meditation, mantra, and worship—enhance women's mental strength, self-reliance, family leadership, and decision-making abilities. This research supports the finding that spiritual practices empower women internally.

*C. Tiwari (2017)*

Tiwari's published research analyzes the effects of Raja Yoga meditation on women's psychological health. The study's findings found that regular Raja Yoga practice reduces stress, anxiety, and emotional instability and increases self-esteem. This study provides direct support for the main hypothesis of the current study.

*D. Kapoor (2020)*

Kapoor's book offers a scientific explanation of the spiritual foundations of social empowerment among Indian women. The study highlights that spiritual practices make women more confident, empowered, and morally competent in their social roles. This context is helpful in understanding Raja Yoga as a means of social advancement.

*E. Patanjali (2001, Miller Translation)*

Patanjali's Yoga Sutras are the foundational text of the psychological and philosophical principles of yoga. It describes principles such as mind control, meditation, concentration, and self-correction, which form the foundation of Raja Yoga. This text establishes the universal and scientific nature of meditation in current research.

*F. Choudhary (2016)*

This research examined the relationship between meditation and decision-making, specifically among working women. Findings indicate that women who meditate regularly have improved self-confidence, reasoning, and decision-making skills. This study suggests that Raja Yoga may also be helpful in enhancing women's professional efficiency.

*G. Verma & Joshi (2019)*

This research presents an integrated approach to yoga and psychology, demonstrating that yoga practice significantly improves emotional balance and mental health. The study's findings convincingly demonstrate the positive impact of Raja Yoga on emotional well-being.



*H. Pandey (2014)*

Pandey's study analyzes various dimensions of empowerment in Indian society—education, economy, social structure, and cultural values. The book clarifies that women's development is possible only when they have full rights to opportunity, equality, and self-expression. This literature strengthens the social and cultural context of the study.

Studies across these contexts clearly demonstrate that yoga, meditation, and spiritual practices—especially Raja Yoga—play a highly effective role in women's mental, emotional, social, and spiritual empowerment. The literature demonstrates that Raja Yoga not only reduces stress but also enhances self-control, self-esteem, decision-making, and social participation. This literature provides a strong basis for the validity of the current research hypothesis.

#### VI. RESEARCH METHODOLOGY

This study used a descriptive and mixed-method research methodology, collecting and analyzing both qualitative and quantitative data. The aim of the research was to objectively evaluate the impact of Raja Yoga meditation on women's overall empowerment .

##### *A. Research Type and Design*

This study is a survey study that systematically describes the experiences and changes experienced by women through Raja Yoga practice. The study was limited to the Sector 20 service center in Kaithal city, where women who regularly practiced Raja Yoga were included.

##### *B. Population and sample*

The target population consisted of women associated with Rajyoga centers in Kaithal. Of the 40–45 regular practitioners, 34 women volunteered to complete the questionnaire. Convenience sampling and voluntary response sampling techniques were used for sample selection.

##### *C. Sampling and equipment manufacturing*

Due to the lack of pre-designed scales appropriate to the topic, the researcher developed a self-designed questionnaire. It was tested on a 10-member pilot group to verify its reliability. Google Forms, Google Sheets , and AI-based analysis were used to create and validate the research instrument.

##### *D. Empowerment Measurement Levels*

1%–40%: Low empowerment

40%–80%: Moderate empowerment

80%–100%: High empowerment

##### *E. Reliability & Validity*

Cronbach's Alpha ( Part-2): 0.9895

Pearson Correlation across all questions  $r > 0.89$

Therefore the questionnaire proved to be highly reliable and valid .

##### *F. Data collection methods*

*Data was collected in two major ways:*

###### *1) Questionnaire ( Quantitative Data):*

Part-2: 15 questions (25%–100% scale based)

###### *2) Interview ( Qualitative Data):*

Around 9 participants shared their experiences either through video or verbal form.

##### *G. Data analysis methods*

The collected data was analyzed using Google Excel, Sheets, Docs, AI- assisted analytics, and descriptive statistical methods. Empowerment was measured in three levels:

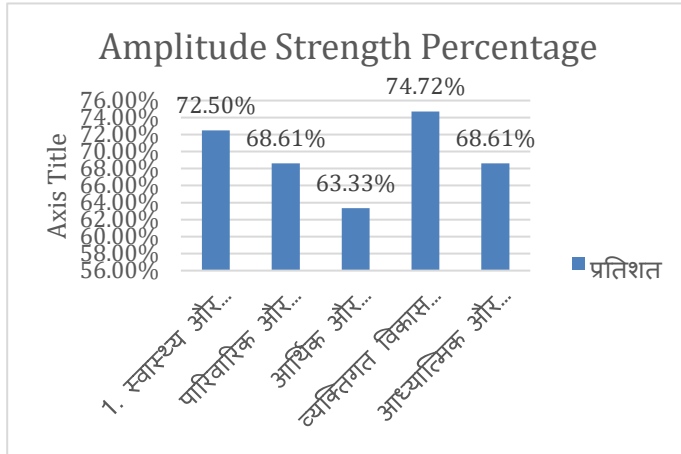
#### VII. ANALYSIS OF RESEARCH DATA AND RESULTS

*Result of Questionnaire Part 2 And Dimensional empowerment analysis*

*Result table of data and charts is represented by .*

**Table no 1**  
**(Dimensional empowerment analysis)**

1. Health and Mental Well-being	72.50%
2. family and social empowerment family and social empowerment	68.61%
3. Economic and Educational Empowerment	63.33%
4. Personal Development and Problem- Solving	74.72%
5. Spiritual and Women 's Empowerment	68.61%
<b>6. Total average</b>	<b>69.55%</b>



**Fig 1 ( Dimensional empowerment analysis)**

### VIII. FINDINGS / RESULTS

#### Key Results 1

**BK Group 2**, the positive impact of Raja Yoga meditation on this group is clearly visible. Although scores on some dimensions are relatively low, improvements have been observed in several key areas through meditation.

#### A. Health and mental balance (72.50%)

Raja Yoga meditation has been shown to play a significant role in enhancing mental peace and balance. Participants in this group experienced reduced mental stress, increased self-confidence, and increased health awareness. Regular meditation practice has led to improved emotional stability and mental clarity.

#### B. Family and social empowerment (68.61%)

The practice of Raja Yoga meditation has also positively improved participants' family and social relationships. Due to increased self-acceptance and tolerance, they are experiencing greater harmony and love in their relationships. The practice of Raja Yoga is promoting peace, cooperation, and positive energy within families and society.

#### C. Economic and educational empowerment (63.33%)

Although this score is relatively low, it still indicates that Raja Yoga meditation has increased self-confidence and discipline, leading to improved financial decision-making and awareness of education. This is a positive sign that continued Raja Yoga meditation practice is likely to further improve in this area.

#### D. Personal development and problem solving (74.72%)

This dimension was highest in BK Group 2 (74.72%), indicating that Raja Yoga meditation enhanced self-empowerment and decision-making. Participants reported better self-reflection, identifying and improving their weaknesses, and developing the courage to face life's challenges.

#### E. Spirituality and women empowerment (68.61%)

In this area, Raja Yoga meditation has helped women recognize their inner strength and inner divinity. Participants reported increased self-esteem, self-reliance, and spiritual balance through meditation. This indicates that they feel more self-reliant and empowered in their lives through the practice of Raja Yoga.

#### Key Results 2

*Note: Results of the experience data of BK women obtained through interview method*

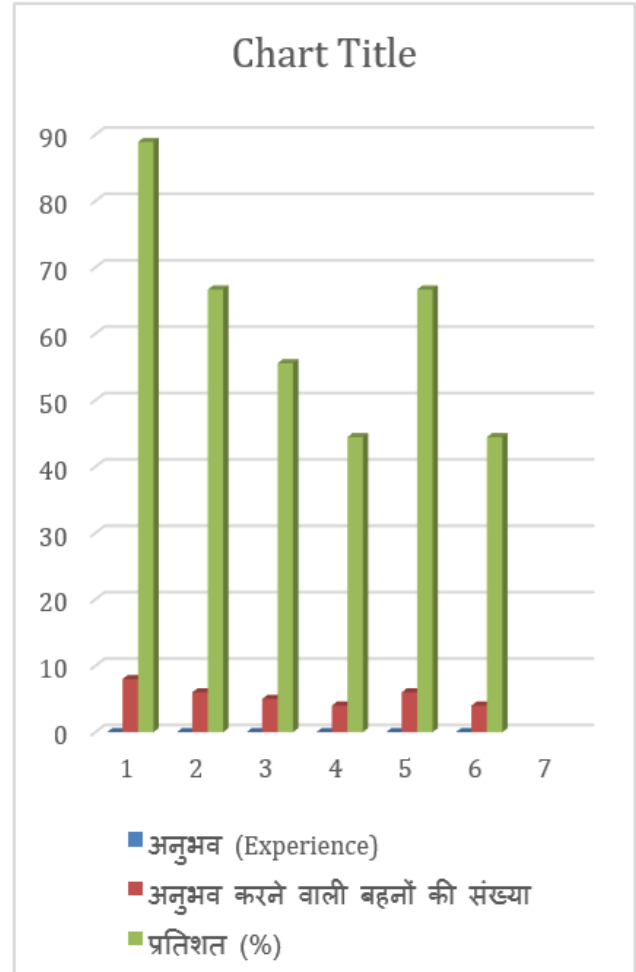
#### Analysis:

1. The most common experience was "spiritual peace/balance," experienced by 88.89% of women, indicating that Raja Yoga meditation had the most profound impact on their inner mental state. This clearly indicates that inner peace and balance were the most prominent benefits experienced by practicing women.
2. Mental benefits – Relief from anger and anxiety and increased self-confidence/strength were experienced by 66.67% of respondents. This indicates that meditation provides women with mental stability and self-confidence, which are the foundation for their overall empowerment.
3. Family and physical impact – Family well-being (55.56%) and health improvement (44.44%) experiences were also significant. This indicates that the effects of meditation are not only felt on the individual level but also on the family and physical level.
4. Spiritual Growth – Realization of Life Purpose (44.44%) is a deep spiritual experience, which shows that some sisters found inspiration to give a direction to their life through Rajyoga.

Results are shown by Table and Chart ....

**Table no. 2**  
**( Thematic Analysis of the Experiences of Women BK Members**

Order	one who experiences	Number of members	Percentage (%)
1.	Inner peace/balance	8	88.89
2.	Freedom from anger/anxiety	6	66.67
3.	Family Reform	5	55.56
4.	Improve health	4	44.44
5.	Confidence/Strength	6	66.67
6.	Achieving life's purpose	4	44.44
	Conclusion	Total 9, Average 5.5	Average 61.12%



**Fig.no. II. ( Thematic Analysis of the Experiences of Women BK Members)**

## IX. CONCLUSION & SUGGESTIONS

### *A. conclusion:*

#### *Based on primary quantitative data*

Based on this study of Raja Yoga meditation, it is clear that it has had an overall positive and empowering effect on women. Analysis of the study revealed the following key findings:

#### *1). Enhances personal development:*

The greatest impact was seen in women's self-confidence, self-assurance, and problem-solving abilities (74.72%). This indicates that women have become more internally empowered through Raja Yoga.

#### *2). Improves mental and physical health:*

Mental balance, stress relief, and peace were experienced by most women (72.50%). Improvements in physical health were also observed in some cases.

#### *3). Positivity in social and family relationships:*

Improvements were recorded in family cohesion, social participation, and the elimination of caste and class distinctions (68.61%). This strengthened the spirit of brotherhood and harmony in society.

#### *4). Spiritual growth and clarity of life purpose:*

Women reported a better understanding of life's purpose and increased spiritual strength (68.61%). This indicates spiritual awareness and inner direction.

#### *5). Relatively low impact on educational and economic empowerment:*

A relatively low percentage (63.33%) was observed in the areas of economic and educational development, suggesting that the impact of attention in these areas is either limited or will be reflected over time.

#### *Overall impression:*

With an average positivity of 69.55%, it can be concluded that Raja Yoga meditation has been helpful for women to live a balanced, aware and empowered life.

### *B. Findings based on qualitative responses from interviews*

- 1) Thematic data analysis shows that Raja Yoga meditation has had a multifaceted positive impact on women's lives. Of the 9 respondents, the majority (88.89%) reported inner peace and balance as their primary experiences. This clearly indicates that Raja Yoga has had a profound impact on their mental and emotional levels, providing them with inner stability.

- 2) Approximately 66.67% of women experienced relief from anger and anxiety, and increased self-confidence and strength, indicating that meditation helps enhance mental strength and self-confidence. This emerges as a significant factor in women's overall empowerment.
- 3) Experiences such as family improvement (55.56%) and improved health (44.44%) indicate that Raja Yoga has a positive impact not only on internal but also on external life—such as family and body. Experiences such as achieving life purpose (44.44%) indicate that some women have been able to better understand their life's direction and purpose through this practice.
- 4) On average, 61.12% of women confirmed these experiences, indicating that Raja Yoga meditation has proven to be a powerful tool in improving their quality of life. It not only provides mental and emotional empowerment, but also promotes spiritual growth and family harmony. Thus, Raja Yoga proves to be an effective step towards a holistic, balanced, and purposeful life for women.

### *C. Suggestion:*

- a. Make meditation practice regular: Women should make Raja Yoga a part of their lifestyle to maintain spiritual peace and mental stability for a long time.
- b. Special focus on economic and educational empowerment: Effective results can be achieved in these areas as well by focusing on vocational training, digital education and promoting entrepreneurship.
- c. Further encouragement to social inclusion: Meditation-based social campaigns can be launched to eliminate caste-class discrimination and promote harmony.
- d. Expansion among young women and adolescent girls: Teaching meditation at an early age can make the future generation more empowered, mentally healthy and ethical.
- e. Joint programs with the help of health experts and psychologists: Meditation programs can be made more scientific and effective by taking the help of mental health experts.
- f. Continuous development of data-collection and research: Such studies should be conducted at regular intervals to understand long-term effects and take corrective action.

#### *Limitations of the research*

- 1) Limited sample size
- 2) Restricted to one center
- 3) Not fully generalizable



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**X. SCOPE FOR FUTURE RESEARCH**

Possible topics for further research: \_\_\_\_ Various activities within Raja Yoga meditation, such as the..

- 1) Murlī
- 2) Amritvela Yoga
- 3) Traffic Control
- 4) Pure Satvik Yogi Food
- 5) Viewing daily charts and
- 6) Related to the members of the Institute such as dedicated members and household members

In-depth research can be done on these topics, research work can be done and their results can be known .

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