



Journal of Scientific Research in Allied Sciences
ISSN NO. 2455-5800
DOI No. 10.26838/JUSRES.2021.7.5.512



Contents available at www.jusres.com

GUDAKESHA, MEDITATION & YOGANIDRA: A VIABLE SOLUTION FOR STRESS RELIEF

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ARTICLE INFO

ABSTRACT

ORIGINAL RESEARCH ARTICLE

Article History

Received: Sept 2021

Accepted: Nov 2021

Keywords:

Yoga nidra,
GUDAKESHA,
Meditation, Stress

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Yoga nidra is an ancient technique that gives a profound relaxation equal to sleep while being awake. Stressful thinking patterns have an impact on one's health and quality of life. Yoga nidra is a yogic relaxation method that is a form of pratyahara that aids in the induction of the relaxation response. Yoga nidra is a method that takes a person out of a fight-or-flight state and activates the relaxation response, also known as the parasympathetic nervous system. An person enters delta brain waves while doing yoga nidra. This is the most restorative and restful state in which the organs recover and the body metabolises the stress chemicals corticoids. Yoga nidra boosts the body's endogenous dopamine release by 65 percent. It is an important antidepressant and motivation booster. As a result, yoga nidra has a preventative, promotive, and therapeutic effect on stress and stress-related diseases.

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1. INTRODUCTION

1.1. Background

Because of the changing competitive climate, stress is increasingly seen as a serious concern. People vary in their perceptions, opinions, attitudes, likes and dislikes, socioeconomic and cultural backgrounds, and so on, all of which contribute to professional and family conflict. Managers in organisations are always under pressure to achieve deadlines for meeting objectives. This may result in more revenues and quicker development in the short term, but it will also deteriorate the health of workers who are experiencing discomfort in the organisation. As a consequence, production would suffer, job discontent would rise, and stress levels among workers would rise. It progressively harms the country's economy as a whole. Because of the unpredictability and competition in contemporary living, stress is an inescapable component of existence. In today's fast-paced world, no one is stress-free, and no career is

stress-free. Everyone encounters stress, whether it is in their family, their company, their organisation, their studies, their jobs, or any other social or economic activity. Stress, which was formerly thought to be foreign to Indian culture, is now recognised as a serious health threat. In the United States, it was shown that over three-quarters of employees reported having physical symptoms of stress as a result of their jobs in a 2007 poll. According to the American Psychological Association (APA), two-thirds of Americans perceive work to be a major cause of stress in their life, with around 30% reporting "severe" stress levels. The uncontrolled key stressors include the weakening economy, declining earnings, and frequent layoffs, and on-the-job stressors include unclear job requirements, time constraints, and loud work stations, among others. Work/life balance is another difficult challenge, particularly for women who are main caregivers for children and elderly loved ones who endure stress.

1.2. Gudakesha

Gudakesha is a person who has mastered sleep or who is master of one's sleep; in other words, a Gudakesha is a person who is not confined by sleep. The deeper meaning is that a person who has conquered ignorance, which means Gudakesha, is a person who is fully aware that every living entity is an atma, and that this atma is an individual eternal part and parcel of the Supreme Lord Sri Krishna, and thus is engaged in the Supreme Lord Sri Krishna's eternal loving devotional service. Gudakesha was another name for Arjuna. As a result, everyone who is always engaged in loving devotional worship to the Supreme Lord Sri Krishna is likewise a Gudakesha.

Gudakesh refers to the person who won the shushupti, nidra, or slumber. The gudakesh is the one who can allow the nidra to arrive. Arjuna was gudakesh, and he could have slept whenever he pleased. In any case, no. Nidra is also known as avidya because to its properties. Sarva druk, or atma, from thuriya becomes jeeva, jagath, and ishwar. When you sleep, it is essentially laya, pralaya, or death. You came from the bondage of Ishwar when you couldn't sleep or when the nidra wasn't your master. You are now atma, an entity who never sleeps or participates in anything.

1.3. Yoga Nidra

The Fundamental Idea Yoga Nidra (Sanskrit meaning Yogic Sleep) is a potent Yogic method originating in the Tantra Yoga school. Yoga Nidra is most likely the most well-known practise for inducing total physical, mental, and emotional relaxation. Yoga Nidra is a state of awareness that is neither sleep nor wakefulness, concentration nor hypnosis. It may be characterised as a condition of altered awareness. It is the name of both a state and a practise that induces an altered state of consciousness, allowing the practitioner to relax and heal their being, expand their faculty of imagination, enter the realms of the subconscious and superconscious, and effectively manifest seemingly magical changes in their life. Swami Satyananda Saraswati (2002) defines Yoga Nidra as a mental condition that exists between awake and sleep. When a person

practises Yoga Nidra, he enters the deeper levels of his mind. During the practise of Yoga Nidra, awareness is at various levels, and consciousness is suspended for a few seconds at a time, alternating between the subconscious and unconscious states. Few research have been undertaken to investigate the efficacy of Yoga Nidra for stress-related psychiatric and psychosomatic diseases.

The Yoga Nidra practise has eight phases, which are as follows:

- **Internalization / Relaxation** – Preliminary body preparation.
- **Affirmation (Sankalpa)** — A previously decided-upon personal objective is quietly expressed.
- **Consciousness Rotation** - The consciousness is guided through an organised tour of the whole body.
- **Respiration awareness** — A time of being aware of one's breath at certain points on the body.
- **Opposite Manifestations** - Feelings as well as emotions were encountered in pairs.
- **Creative Visualization** - Various archetypal pictures are consciously pictured.
- **Affirmation-** Sankalpa is repeated and is still encoded into the subconscious mind while in a highly suggestible state of awareness.
- **Restoration to Full Awareness** - A slow and deliberate return to normalcy.

1.3.1. Yoga Nidra Guided Meditation

Humans go from alpha to deep alpha and high theta brain-wave states, the dream state, and REM sleep. Your thoughts slow down to 4 to 8 ideas per second in theta. This is where extraordinary learning takes place. Children and artists have much higher levels of theta activity in their brains. Emotional integration and release occur here as well, and brain structures alter. Some folks get strange ideas or glimpse visuals here on occasion. A person in theta may see colours, see visions, or hear the sound of someone speaking while not hearing this voice. It's where humans will enter the void of emptiness.

Individuals are directed to delta after theta, when your thoughts are just 1 to 3.9 ideas per second. This is the most rejuvenating

condition, in which your organs rebuild and the stress hormone cortisol is eliminated from their system.

Individuals are thrown into a delta brain-wave state when they are sedated. People who are in comas are also in a delta brain-wave state, which allows their bodies to repair their systems. In our society, relatively few individuals regularly enter deep levels of sleep such as theta and delta, and as a result, our bodies are not powering down and having the opportunity to replenish them. Depressed folks prefer beta and alpha states above theta and delta.

The guided yoga nidra experience leads people from delta to an even deeper brain-wave state—one that traditional sleep cannot achieve. Human brain is thoughtless in this fourth stage of consciousness, below delta. This experience is similar to a total loss of awareness, yet we remain awake. This is a profound surrender condition in which your awareness is so far removed from our physical body that living here every day would be impossible. This condition is not experienced by everyone who does yoga nidra, but the more you practise, the more you'll get glimpses of it.

People are directed back to a waking state after entering the fourth stage of awareness. People couldn't live in this fourth state, but by tapping into it, they carry some of its tranquilly back with you to your waking, daily brain state. They may also rewire your ideas and emotions since your subconscious mind is more fertile in this fourth stage, more susceptible to intents as well as affirmations, than it is in the waking state. As a result, in our daily life, we begin to rest more and more in the gap between emotions and ideas, and this relaxing in this space gives birth to a feeling of freedom, where we are not as easily aroused by the things in your life.

Furthermore, in yoga nidra meditation, people are often encouraged to direct focus to the region between your brows, which is known as the third eye. The pineal gland is located behind this area, and bringing their focus there stimulates it. Melatonin, a pineal-gland hormone, is a strong agent for decreasing stress, producing more peaceful

sleep, and strengthening the immune system, which helps prevent sickness, enhance healing, and delay premature ageing, according to research.

1.3.2. Advantages

- Even those who have never meditated before may benefit from it.
- Physical strains and tensions are alleviated.
- Stresses and undesired perceptions are erased from the mind.
- Emotional equilibrium has been restored.
- Imagination and vision skills are practised and improved.
- The subconscious mind is focused on and capable of manifesting any personal objective, physical or mental.

1.3.3. Yoga Nidra's Impact on Emotional and Mental Health

It may aid in the attainment of a condition known as self-realization (complete self-awareness) Yoga Nidra promotes mental, emotional, and physical health by relaxing the mind and making it more conducive to Pratyahara (withdrawing senses from their objects), Dharana (concentration), and meditation. The exercise aids in the coordination of the two hemispheres of the brain as well as the two components of the autonomous nervous system (sympathetic and parasympathetic).

1.4. Meditation

Meditation is essentially conscious slumber. We have a limited amount of energy when sleeping. We get a lot of energy via meditation. This Energy boosts the strength of the body, mind, and intellect. It paves the way for our Sixth Sense and other abilities. We shall be comfortable, healthy, and joyful with this increased energy through meditation. It also aids in attaining higher heights in the physical world. Meditation is nothing more than our awareness' journey towards the Self. In meditation, we intentionally go from the body to the mind, the mind to the intellect, the intellect to the self, and beyond. To meditate, we must first pause all of our bodily and mental activities, such as movement, vision, speech, and thought. Let us now learn how to meditate. The posture is the first step in

meditation. You are free to sit in any position. Posture must be both comfortable and steady. We have the option of meditating on the floor or even on a chair. We can meditate anywhere we want, whenever we want. Sit back and relax. You should cross your legs. Clasp your hands. Close your eyes for a moment. Put an end to any inner or exterior talk. Don't recite any 'Mantras.' Simply unwind. Relax completely. Simply unwind. When we crossed our legs & clasp our fingers, we establish an energy circuit that provides additional stability. The Mind's doors are the eyes. As a result, the eyes must be closed. The actions of the Mind are 'Mantra chanting' or any chattering—inner or outside. As a result, it should be halted. Consciousness moves to the next Zone as the body relaxes.

Arjuna is also known as Gudakesh because he overcame slumber. This is achievable if you sleep in a specific manner. Yoga Nidra is the name of this technique. In this practise, practising Yoga Nidra for 10 to 30 minutes provides relaxation similar to seven to eight hours of deep sleep. Many individuals do it as well, but they do not notice the advantage.

Yoga Nidra is proving more popular as a stress-relieving technique. Hundreds of individuals have mastered the yoga nidra technique at branches of transcendental centres in Russia, America, South Africa, and Australia. Also there is no acceptable stance from the standpoint of continuity. That is, people become bored of practising 10 days a week & stop. Swami Sharan, referring to Swami Vivekananda's book Raja Yoga, remarked that Maharishi Patanjali plainly declared in the Yoga Sutras that in order to achieve tranquilly and Kaivalya, one must first correct the exterior life.

Yoga nidra is a combined practise of meditation, posture, and restraint, and it is said that even asanas cannot be completed without extended practise and controlled ethical behaviour. Arjuna is not referred to as "Nidrajeet." He was given the name "Gudakesha," which sounds close to Nidrajeet. The term "Gudakesha" first appears in Udyog Parva, when Bhishma refers to Arjuna as such when demonstrating his power to others. As a result, we may conclude that Arjuna did not

get this name from Krishna at the moment he received the Bhagavad Gita. Gudakesha literally translates to "Lord of Slumber" or "One who controls his sleep."

1.4.1. Sleep is half meditation

Beginner meditators often believe they are asleep during their meditations when they have really achieved the meditative state. This is understandable since, until we get acquainted with meditation, we identify profound relaxation mostly with sleep.

1.4.2. Stress and tiredness are released when the system is cleared.

Of course, we do sometimes fall asleep while meditation, which is quite normal. It is critical not to be constantly on the lookout for signs of drowsiness when meditating. Instead, consider sleep & dullness during meditation to be the discharge of exhaustion and tension. Some of us will have to go through a lot of sleep and exhaustion while meditation, and sometimes even after meditation. It's important to remember that these indications point to a highly good cleaning procedure.

If people have a strong desire to lay down and sleep during meditation, go ahead and do it. When you wake up, sit up and meditate for another five minutes. Because your system will have cleared a backlog of lethargy, even a brief meditation after awakening will be beneficial.

1.5. Difference: Sleep vs. meditation

After a few regular meditations, most meditators understand that sleep and meditation are quite different states. Coming out of a deep sleep, one feels a bit drowsy. However, as one emerges from the completely established "no thought" condition, one is surrounded by clarity and frequently feels tranquil and joyful.

Furthermore, the respiratory patterns during deep sleep and meditation change significantly. Deeper stages of meditation are connected with extremely weak breath or even stoppage of breath, but respiration does drop, albeit to a lesser extent, during sleep.

Please don't attempt to find out if you were asleep or seriously meditating at particular periods throughout your meditations. This might jeopardise the meditation process's

innocence. The finest attitude is shown by the phrase, "whatever occurs is great."

The main difference among meditation and sleep is awareness during meditation vs non-alertness during sleep. However, the nature of meditative attentiveness differs from those of the waking state. To understand that distinction, as well as how meditation and sleep differ, we must consider how well the four modes of consciousness—mind, intellect, memory, and ego—operate in the waking, dreaming, and sleeping states, as well as the fourth state of consciousness, traditionally known as the turiya state, which is experienced during meditation. The mind, intellect, memory, and ego all operate to some degree in the waking state. Only memory (chitta) is engaged in the dream state. In profound sleep, all four vanish—the awareness rests, with no activity.

The mind, which takes data from the senses, goes entirely underground in the meditative state. The ego likewise remains inert, although the intellect and chitta continue to work in a subtle manner. Meditation is analogous to sleep, but with a slight thought or hints of intelligence and, in turiya, a spontaneous awareness of our true nature.

✚ **Sleep with awareness is called meditation**

Because it's World Wellbeing Week, we're investigating if sleeping meditation might be the secret to a better sleeping routine. Here's everything you need to know about it, from what it implies to how it's done.

✚ **Steps of Meditation**

To really grasp meditation, one must first understand how the human person is perceived by Vedic science - understanding of ancient India's Vedic literature. The human person is made up of three parts, each having its own function:

1. The physical body

2. Inner faculty: The continually changing functioning awareness. This comprises of the following:

- **Mind:** Processes sensory stimuli; has duality, as observed in pairs of opposites such as pleasure and pain, good and evil, hot and cold, and so on.

- **Intellect:** analyses, distinguishes, determines, and judgments

- **Ego:** Doer and learner

- **Chitta:** The repository of all life's memories and impressions

3. **Deep inner Self:** The unchanging pure awareness that has the property of oneness and watches the inner faculty's functioning. All knowledge, wisdom, creativity, and natural principles that regulate life are derived from the deep inner Self.

✚ **Master Prabodh's journeys experiences include the following:**

1. Overcame anger in the first year

2. I used to go to the lowest regions of the planet, overcoming all fears and phobias, and doing a lot of astral travel. Recognizing the distinction between the astral and corporeal bodies

3. Concentrated on mastering sleep - In the second year (2004), experienced ultimate bliss for 2 minutes - that cannot be explained/described in words, desiring to feel that happiness again.

4. Uneasiness/dissatisfaction felt in the aftermath of that remarkable event Patriji advised him to spend his evenings to his hobbies.

Yogi, Rogi, and Bhogi do not sleep at night, Patriji informed us that we are Biyogi-enjoying ourselves while meditating, and Master Prabodh chose to meditate all night sitting on a plastic chair. I meditated without sleeping for ten years.

When the 2008-09 recession forced Master Prabodh to return to India, he used to work 22 hours a day, with just two hours for respite. During those two hours, he fell into a deep slumber and received a great deal of cosmic energy. A satvic/natural diet rich in fresh fruits, liquids, and vegetables may help maintain the body light and healthy.

Buddha used to sleep for just one hour at a time. Mahavira also overcame his slumber. Krishna used to refer to Arjun as Gudakesha, which means "one who has mastered his slumber."

All of the breatherians need extremely little sleep - less than two hours. Less disgusting food, more and more Prana from

nature, the Sun, and the inner soul. In the west, there are almost 160,000 breatherians. Many breatherians live covertly in the Himalayas in India. One breatherian in Hyderabad once revealed her experiences, claiming that meditation while sleeping unleashes a plethora of powers/energies.

Mastery over sleep

Meditation is the control of sleep. The fundamental key for achieving sleep mastery is to enter a thoughtless state, meditating without thinking.

To achieve sleep mastery, the first three days will be uncomfortable as you will be meditating all night but not knowing how to go deeper into meditation and you will feel that sleep is not happening properly as you are learning complete reprogramming as subconscious mind has rigidity, inertia, and does not want to learn new thing- called Tamo-guna.

1.5.1. Statement of the Problem

Individuals, organizations, and societies all confront difficulties in dealing with the issue of job and family stress. They also pay the hidden cost of stress, both deliberately and unwittingly, which has an impact on the country's economy. The European Agency for Safety and Health at Work performed a study lead by Hassard et al. (2014) that examined the cost of stress at three levels: individual, organizational, and societal. Individually, the cost of stress was reflected in higher medical and insurance expenditures, as well as lower income. At the organizational level, the financial consequences of work-related stress were connected with decreased productivity, increased absenteeism, and staff turnover. Chronic job-related stress and extended exposure to psychosocial hazards at work may strain health services and diminish economic productivity, which has a negative impact on the country's gross domestic product (GDP). Organizations have been working to reduce the cost of stress, which has a negative impact on the productivity of individuals, organizations, and the nation as a whole. As a result, companies used a variety of stress management intervention measures, such as leisure counseling, participatory decision making, work redesign, modifying

organizational structure, recreational activity, and so on. These tactics may not be shown to be very helpful in bringing about productive outcomes in the long term to reduce the influence of stress levels among people at work. As a result, the proposed study will address the lack of attention on these factors, and it would be beneficial for society to understand the links between the practice of Yoga Nidra and the effects it has on stress levels. There have been few research in this field. So yet, no major study has been conducted on the issue in the organizational environment.

1.6. The study's scope

As you would expect, feeling well rested changes your life, but yoga nidra also improves your entire health. According to a 2013 research, practising yoga nidra reduced anxiety, despair, and general well-being among women suffering from menstruation abnormalities and psychiatric issues.

2. LITERATURE REVIEW

2.1. Lutz, A. et al. (2004)

According to this research, practitioners see "meditation," or mental training, as a process of becoming acquainted with one's own mental life that leads to long-term changes in cognition and emotion. There is little understood about this process and its effects on the brain. Long-term Buddhist practitioners self-induce continuous electroencephalographic high-amplitude gamma-band oscillations and phase-synchrony during meditation, according to this study. These EEG patterns vary from those of controls, particularly across lateral frontoparietal electrodes. Furthermore, the ratio of gamma-band activity (25–42 Hz) to slow oscillatory activity (4–13 Hz) is initially larger in the resting baseline before meditation for practitioners than controls over medial frontoparietal electrodes. This difference grows dramatically during meditation across the majority of scalp electrodes and stays greater than the original baseline in the post-meditation baseline. These findings imply that mental training includes temporal integrative processes and may result in both short- and long-term brain alterations.

2.2. Dwivedi, M. K. and Singh, S. K. (2016).

The purpose of this study report is to investigate the function and efficacy of Yoga Nidra in reducing employee stress levels at work. The study is conceptual and qualitative in character, and it employs the Yogic practise of Yoga Nidra as a stress management intervention approach. This study is based on a content analysis of previous studies as well as interviews with workers who practise Yoga Nidra, and it has made valuable conclusions about the function of Yoga Nidra in controlling employees' stress at work. Yoga Nidra has been discovered to have a high potential for reducing stress levels in individuals. The article also provides fresh insights to organisations where the successful process of Yoga Nidra improves the parasympathetic system while decreasing the sympathetic system, resulting in physical, mental, and emotional relaxation in our bodies.

2.3. Moszeik, E. N., von Oertzen, T. and Renner, K. H. (2020)

In a wide and varied population, this experimental investigation found minor effects of a brief audio-guided and online delivered Yoga Nidra meditation on stress, sleep, and well-being. Especially during hectic workdays and to create work-life balance, meditation may be utilised to quickly experience the good benefits of yoga without previous understanding or the usage of more or less challenging body-related exercises. Our research reveals that it is not always necessary to operate expensive day programmes that need a significant structural, people, and time investment in order to decrease stress and increase well-being and sleep quality. Even this little version of Yoga Nidra seems to be beneficial in interrupting the autopilot of thoughts in order to observe the great instant in which reality occurs – now.

2.4. Newberg, A. B. and Iversen, J. (2003)

Meditation is a multifaceted mental practise that affects cognition, sensory perception, mood, hormones, and autonomic function. Meditation is also frequently employed in psychological and medical

procedures for stress management and the treatment of a range of physical and mental illnesses. However, there has been a lack of knowledge of the general biological process of these practises in terms of the impacts on both the brain and the body until now. Previously, we developed a basic neuropsychological model to explain the brain processes underpinning contemplative experiences. This work represents a significant advancement by including neurotransmitter systems and the findings of recent brain imaging developments into the model. The following is a summary and synthesis of the existing literature on the many neurophysiological mechanisms and neurochemical substrates that underpin meditation's complicated operations.

2.5. Gurumaa, D. S. S. A. (2018)

The study's goal is to discover the benefits of Yoga Nidra on stress reduction, increased focus, behavioural changes, and happiness levels among school-age adolescents. The research was carried out at Holy Child Public School in Rewari (Haryana). Students were chosen from the 11th and 12th grades. The findings demonstrate significant improvements in the kids after they attended Yoga Nidra lessons constantly for one and a half years on school grounds and seldom at home. Yoga Nidra was shown to be an effective strategy for reducing stress, increasing focus, changing behavioural patterns, and increasing happiness among school-age kids.

2.6. Burns, J. L., Lee, R. M. and Brown, L. J. (2011)

The benefits of meditation, primarily Transcendental Meditation (TM), on the experiences of stress, anxiety, sadness, and perfectionistic thinking in 43 undergraduate students were explored. Prior to the commencement of the research, self-report measurements of the variables were performed. Over a two-semester period, student groups were instructed in TM and regularly performed the method. The post-TM measures were given at the conclusion of the two semesters. On all measures, the groups exhibited a considerable drop. Suggestions for using meditation as a therapeutic adjunct in a collegiate population are presented.

2.7. Gurumaa, D. S. S. A. (2018)

The study's goal is to discover the benefits of Yoga Nidra on stress reduction, increased focus, behavioural changes, and happiness levels among school-age adolescents. The research was carried out at Holy Child Public School in Rewari (Haryana). Students were chosen from the 11th and 12th grades. The findings demonstrate significant improvements in the kids after they attended Yoga Nidra lessons constantly for one and a half years on school grounds and seldom at home. Yoga Nidra has been shown to be an effective strategy for reducing stress, increasing focus, changing behavioural patterns, and increasing happiness among school-age kids.

Objectives

1. The objective of the study is to explore the role and effectiveness of Yoga Nidra.
2. To study meditations and its benefits.
3. To study effectiveness of yog-nidra.

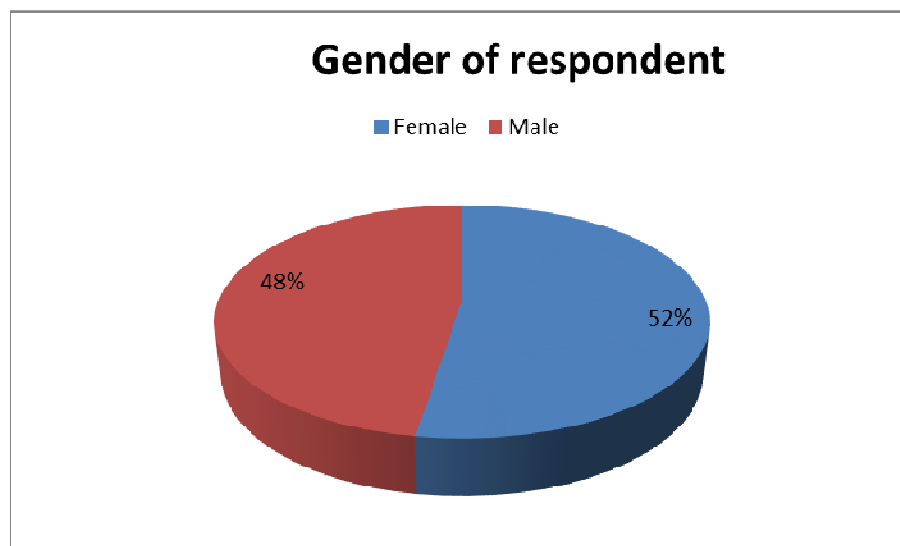
3. RESEARCH METHODOLOGY

The survey method was employed in the study. For this, we analysed the replies of forty people from the state of Karnataka. The study was carried out using SPSS version 22, whereas Excel was used to display descriptive statistics such as simple percentages, frequencies, mean scores, and standard deviation.

4. DATA ANALYSIS

Q1. Gender of respondent

		Frequency	Percent	Valid Percent
Valid	Female	21	52.5	52.5
	Male	19	47.5	47.5
	Total	40	100.0	100.0



Interpretation

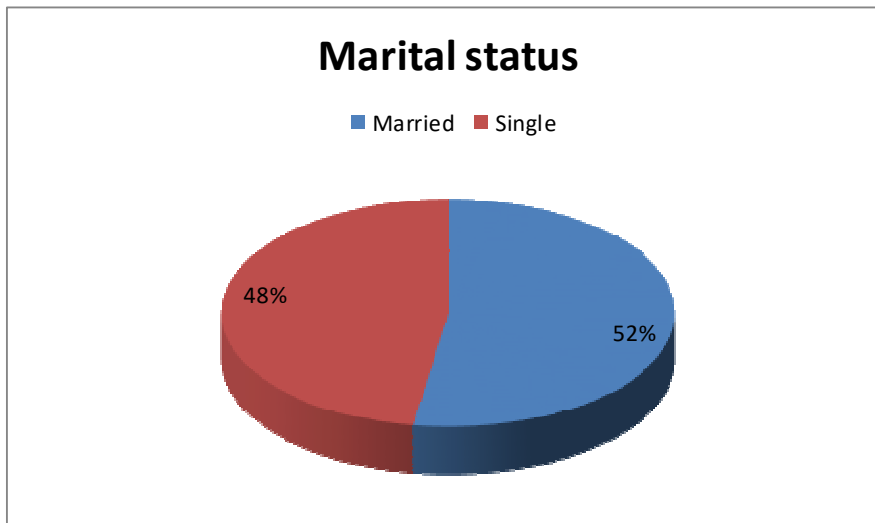
As per graph there are total 21 respondents are female and 19 respondents are male.

Analysis

According to survey, maximum no of respondents were female

Q2. Marital status

		Frequency	Percent	Valid Percent
Valid	Married	21	52.5	52.5
	Single	19	47.5	47.5
	Total	40	100.0	100.0

**Interpretation**

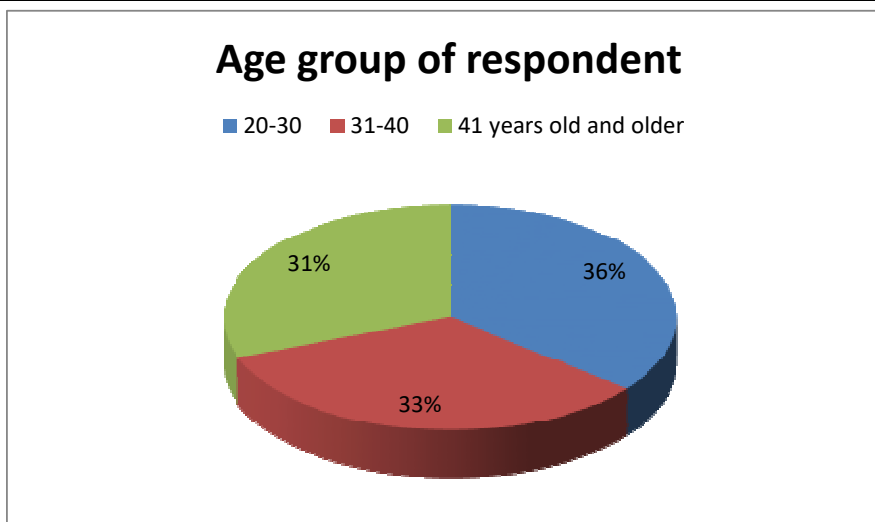
As per graph more than 50% respondents are married and only 19 respondents are single.

Analysis

According to survey, maximum no of respondents were married.

Q3. Age group of respondent

		Frequency	Percent	Valid Percent
Valid	20-30	14	35.0	35.0
	31-40	13	32.5	32.5
	41 years old and older	12	30.0	30.0
	Q3. Age group of respondent	1	2.5	2.5
Total		40	100.0	100.0



Interpretation

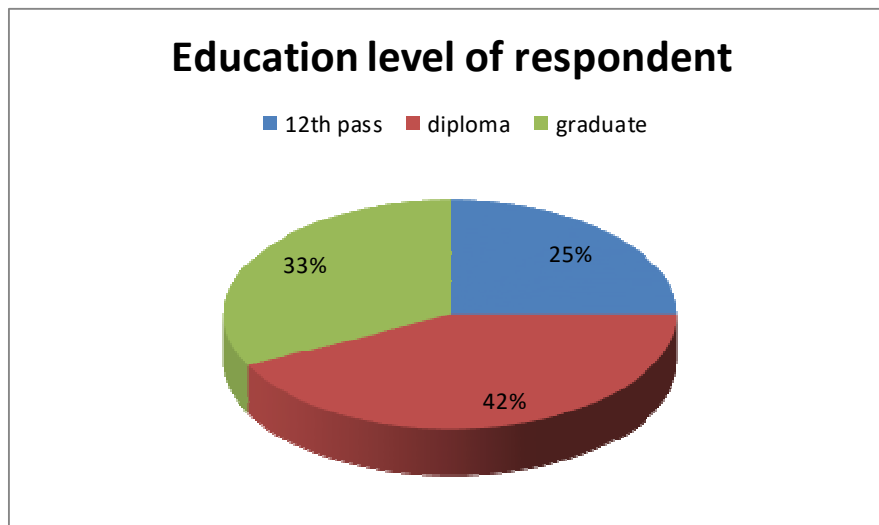
According to the graph most of the respondents are from age group of 20-30 years. 13 respondents are in the age group of 31-40 years. And only 30% respondents are in the age group of 41 years old and older.

Analysis

According to survey, maximum no of respondents were young from age group of 20-30.

Q4. Education level of respondent

		Frequency	Percent	Valid Percent
Valid	12th pass	10	25.0	25.0
	diploma	17	42.5	42.5
	graduate	13	32.5	32.5
	Total	40	100.0	100.0

**Interpretation**

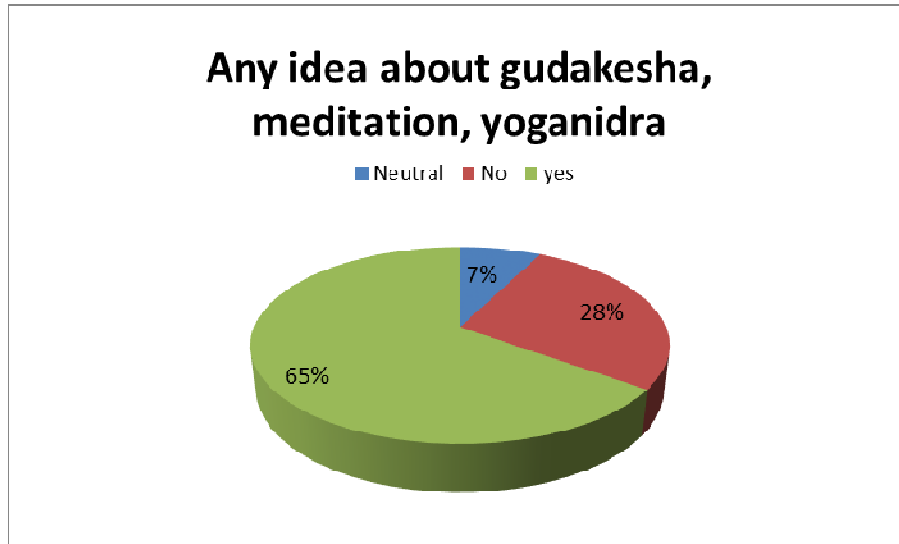
As we can see that more than 40% respondents completed their diploma. 32.5% respondents are graduate and only 10 respondents completed their 12th.

Analysis

According to survey, maximum no of respondents were educated.

Q5. Have u any idea about gudakesha, meditation, yoganidra

		Frequency	Percent	Valid Percent
Valid	Neutral	3	7.5	7.5
	No	11	27.5	27.5
	yes	26	65.0	65.0
	Total	40	100.0	100.0



Interpretation

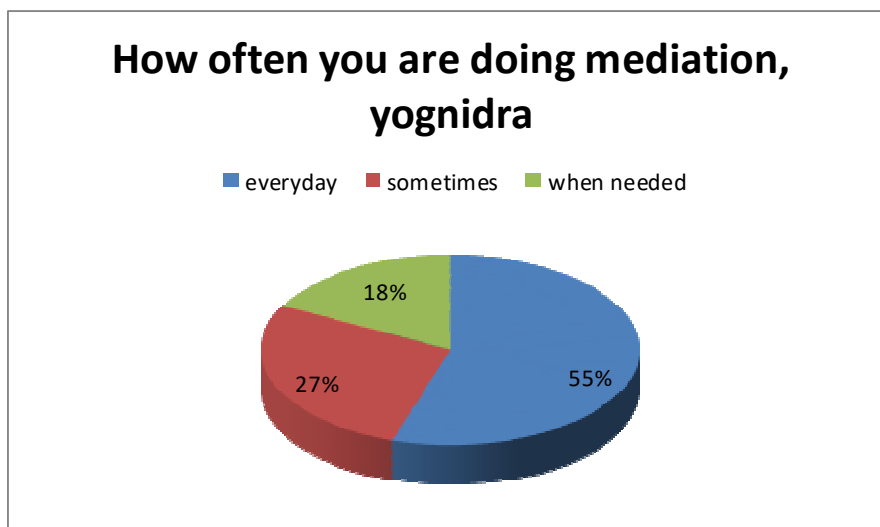
As shown in above graph, we have taken the responses of 40 people to know their opinion on yoganidra, meditation and gudakesha. From the graph we can see 65% respondents know about yoganidra, meditation and gudakesha.

Analysis

According to survey, maximum no of respondents have idea of yoganidra, meditation and gudakesha

Q6. How often you are doing mediation, yognidra

		Frequency	Percent	Valid Percent
Valid	everyday	22	55.0	55.0
	sometimes	11	27.5	27.5
	when needed	7	17.5	17.5
	Total	40	100.0	100.0



Analysis

As shown in above graph, we have taken the responses of 40 people to know their opinion on yoganidra, meditation and gudakesha. We

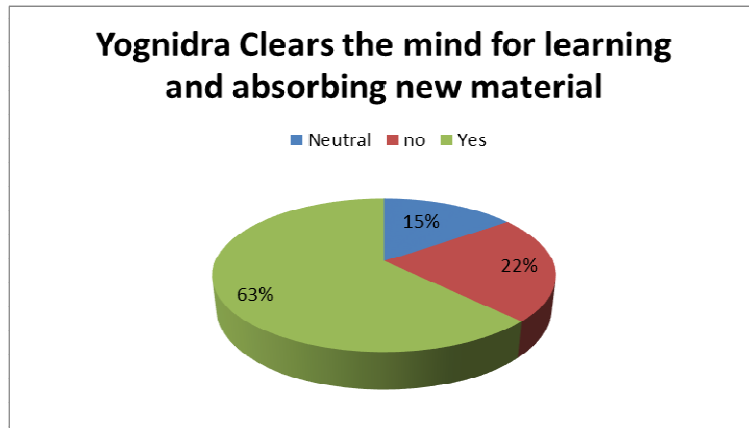
have asked them how often they were doing meditation, yognidra. 55% respondents said everyday they do yognidra and meditation.

Interpretation

According to survey, most of the people do yognidra and meditation every day.

Q7. Yognidra Clears the mind for learning and absorbing new material

		Frequency	Percent	Valid Percent
Valid	Neutral	6	15.0	15.0
	no	9	22.5	22.5
	Yes	25	62.5	62.5
	Total	40	100.0	100.0



Analysis

As shown in above graph, we have taken the responses of 40 people to know their opinion on yoganidra, meditation and gudakesha. We have asked themyognidra clears the mind for learning and absorbing new material. .63%

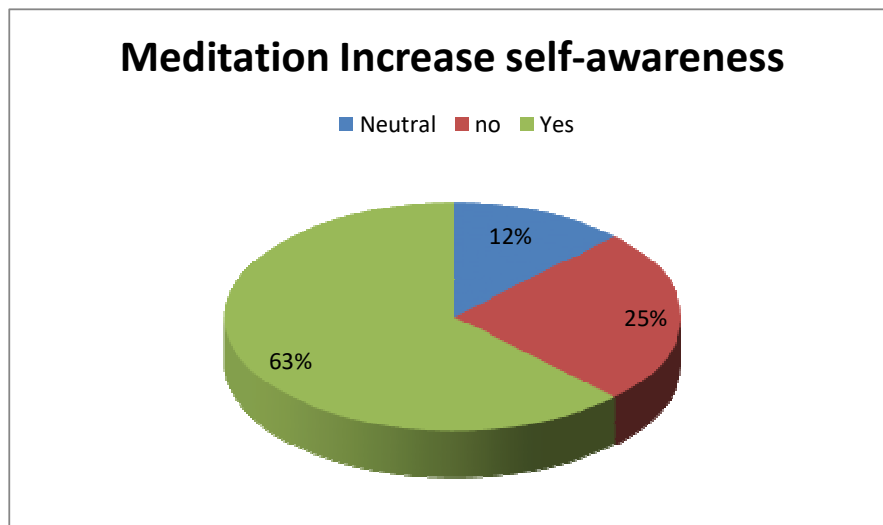
respondents said yes while 22% respondents said not at all.

Interpretation

According to survey,yognidra clears the mind for learning and observing new material.

Q8. Meditation Increase self-awareness.

		Frequency	Percent	Valid Percent
Valid	Neutral	5	12.5	12.5
	no	10	25.0	25.0
	Yes	25	62.5	62.5
	Total	40	100.0	100.0



Analysis

As shown in above graph, we have taken the responses of 40 people to know their opinion on yoganidra, meditation and gudakesha. We have asked themyognidra clears the mind for learning and absorbing new material. .63%

respondents said yes while 22% respondents said not at all.

Interpretation

According to survey,yognidra clears the mind for learning and observing new material.

Q9. Before Meditation

- **stress level before doing gudakesha, meditation, yoganidra**

		Frequency	Percent	Valid Percent
Valid	High	35	87.5	87.5
	Low	5	12.5	12.5
	Total	40	100.0	100.0

- **concentration level before doing gudakesha, meditation, yoganidra**

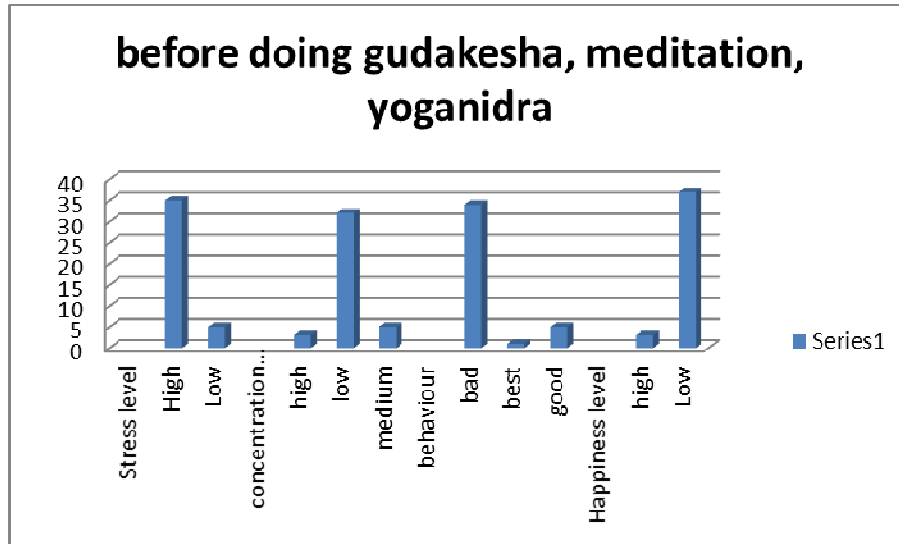
		Frequency	Percent	Valid Percent
Valid	high	3	7.5	7.5
	low	32	80.0	80.0
	medium	5	12.5	12.5
	Total	40	100.0	100.0

- **behaviour before doing gudakesha, meditation, yoganidra**

		Frequency	Percent	Valid Percent
Valid	bad	34	85.0	85.0
	best	1	2.5	2.5
	good	5	12.5	12.5
	Total	40	100.0	100.0

- **Happiness level before doing gudakesha, meditation, yoganidra**

		Frequency	Percent	Valid Percent
Valid	high	3	7.5	7.5
	Low	37	92.5	92.5
	Total	40	100.0	100.0



Analysis

As shown in above graph, we have taken the responses of 40 people to know their opinion on yoganidra, meditation and gudakesha. We have asked them questions before practicing the yognidra and meditation.as we can see in graph before practicing mediation and goa

respondents have problkems lke high strss level,bad behavior.

Interpretation

According to survey, before practising yognidra and meditation people have problems like high stress level, low concentration etc.

Q10. After Meditation

- **Stress level after doing gudakesha, meditation, yoganidra**

		Frequency	Percent	Valid Percent
Valid	high	5	12.5	12.5
	Low	35	87.5	87.5
	Total	40	100.0	100.0

- **concentration level after doing gudakesha, meditation, yoganidra**

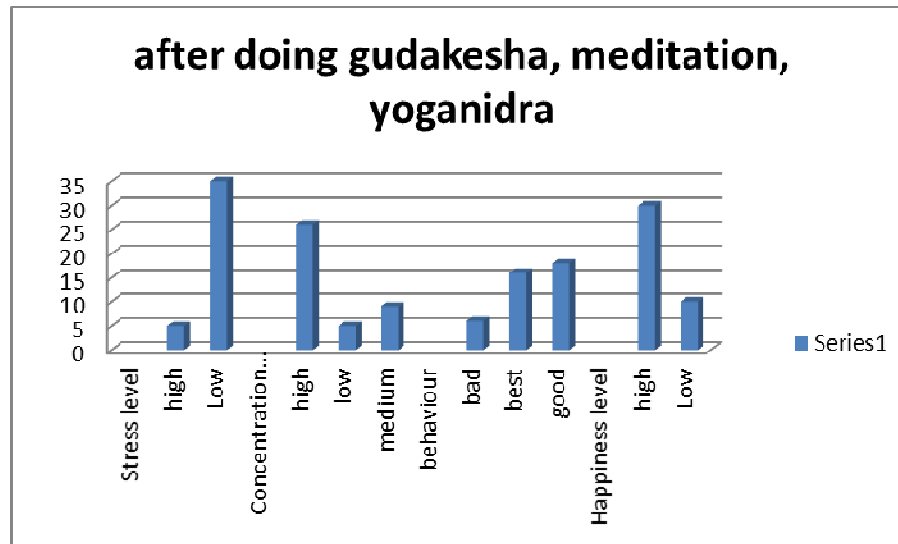
		Frequency	Percent	Valid Percent
Valid	high	26	65.0	65.0
	low	5	12.5	12.5
	medium	9	22.5	22.5
	Total	40	100.0	100.0

- **behaviour after doing gudakesha, meditation, yoganidra**

		Frequency	Percent	Valid Percent
Valid	bad	6	15.0	15.0
	best	16	40.0	40.0
	good	18	45.0	45.0
	Total	40	100.0	100.0

- **Happiness level after doing gudakesha, meditation, yoganidra**

		Frequency	Percent	Valid Percent
Valid	high	30	75.0	75.0
	Low	10	25.0	25.0
	Total	40	100.0	100.0



Analysis

As shown in above graph, we have taken the responses of 40 people to know their opinion on yoganidra, meditation and gudakesha. We have asked them questions after practicing the yognidra and meditation.as we can see in graph before practicing mediation and yognidra respondents have problems like high stress level, bad behavior reduces to great extent.

Interpretation

According to survey, after practising yognidra and meditation people have problems like high stress level, low concentration etc. reduces o great extent.

4.1. Findings

- According to survey, maximum no of respondents were female
- According to survey, maximum no of respondents were married
- According to survey, maximum no of respondents were young from age group of 20-30
- According to survey, maximum no of respondents were educated.]
- According to survey, maximum no of respondents have idea of yoganidra, meditation and gudakesha.
- According to survey, most of the people do yognidra and meditation every day
- According to survey,yognidra clears the mind for learning and observing new material.

- According to survey,yognidra clears the mind for learning and observing new material.
- According to survey, before practising yognidra and meditation people have problems like high stress level, low concentration etc.
- According to survey, after practising yognidra and meditation people have problems like high stress level, low concentration etc. reduces o great extent.

4.2. What distinguishes yoga nidra from meditation?

Meditation, on the other hand, has become a kind of a catch-all phrase for any activity that helps us achieve insight and awareness. It's crucial to remember that meditation techniques span many distinct traditions and lineages, so comparing yoga nidra and meditation may be difficult.

However, particularly when meditation is a new practise, it takes work; there is almost no effort in yoga nidra, other than avoiding falling asleep. Meditation is an intentional practise of teaching the mind to concentrate on one thing at a time, whether it's a mantra, an object like a flame, your thoughts, your breath, or something else different. When the mind loses attention and "wanders off," this intention brings it back to the purpose of meditation.

5. Conclusion

Meditation, as described in ancient Vedic literature, is a conscious activity that results in awareness expanding beyond the

day-to-day experience of duality. It is a feeling of togetherness that decreases stress and increases the creativity and efficiency of the inner faculty's working. This is a practice that takes place without the need of the mind to lead the process. The mind does not command the muscles to grow stronger during physical activity; rather, the muscles are strengthened organically by the exercise process. Similarly, in this exercise of awareness, that is, meditation, the outcomes are obtained spontaneously, rather than by mind control or any other mental manipulation. Meditation takes you beyond the mind and into the depths of your inner Self.

6. References

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