



# Rajyoga Lifestyle, Biological Clock, and Spiritual Happiness among Educated Youth: A Study of Brahma Kumaris

**Bithindranath Bhaumik<sup>1\*</sup>, Dr. Rajesh Arora<sup>2</sup>**

<sup>1</sup>Ph.D. Scholar, Manipur International University, Imphal, India.

<sup>2</sup>Senior Professor, Value Education Department, Manipur International University and CARE, Brahma kumaris, Abu Road, India.

Corresponding author(s):

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Bithindranath Bhaumik, Ph.D. Scholar, Manipur International University, Imphal, India.

Email: [bk.bithindra@gmail.com](mailto:bk.bithindra@gmail.com)

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## Abstract:

The materialistic and human-denying scientific worldviews of today have played a major role in the development of science and its flourishing material benefits. But too much attachment to physical consciousness and material pursuits has been linked with an increase in stress, anxiety, mental fatigue and emotional instability among educated youth. With the advancement of science and technology, the young people today have more comfort and convenience than ever before, however, more and more young people are plagued by economic pressure, social entanglements, family conflicts, psychological problems, etc. which have a negative impact on their lives and even lead to suicidal attitudes. This has created a concern for the educated youth about finding happiness, peace, mental stability and meaningful life. The teachings of the Brahma Kumaris, a global spiritual movement founded in India in 1936, provide a detailed blueprint for spiritual health and well-being, employing Raja Yoga meditation, self-awareness, positive thinking, managing emotions, mindfulness and teaching spiritual values. The teachings seek to foster inner peace, moral behavior, harmonious relationships, and the individual's overall growth. This study looks into the correlation of Brahma Kumaris teachings with producing spiritual happiness in educated youth and its effect on mental, physical, familial and social well-

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being. The study uses both qualitative and quantitative research approaches to examine the impact that these teachings have on participants' levels of spiritual happiness, life satisfaction, emotional wellbeing and inner peace. The results show that educated youth who interacted with the teachings experienced a high level of spiritual happiness, joy and peace. Additionally, there was an evident reduction in indicators related to stress, anxiety and psychological distress, reflecting an overall improvement of quality of life. The result of this study is that the education imparted by Brahma Kumaris is an effective spiritual program that can be used to bring happiness, psychological well being and holistic development in the midst of educated youth.

**Keywords:** Brahma Kumaris, Raja Yoga Meditation, Spiritual Happiness, Educated Youth, Inner Peace, Self-Awareness, Positive Thinking, Emotional Well-Being, Personal Growth, Life Satisfaction.

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## **1. Introduction**

Today's youth are rapidly progressing in education, technology, and career advancements, yet the problems of mental stress, depression, and dissatisfaction are constantly increasing. A lack of inner peace and contentment is emerging as a major cause of this imbalance.

At such times, spirituality emerges as a powerful medium that can provide the experience of inner peace and joy.

The Brahma Kumaris, which offers teachings based on Raja Yoga and self-knowledge, inspires youth toward self-reflection and positive thinking. The organization aims to foster awareness of spiritual purity, morality, and life values. The teachings of the Brahma Kumaris influence young people not only from a religious perspective, but also from a scientific and psychological perspective. Educated young people have greater awareness and logical thinking, which makes them want to understand spirituality not just through faith, but also through experience and analysis. Rajyoga meditation develops mental peace, self-confidence, and a balanced outlook on life. This research will analyze the impact of Brahma Kumari teachings on educated youth and their level of spiritual bliss. Spiritual bliss is an inner experience that provides a person with satisfaction and peace beyond external circumstances.

The primary objective of this research is to explore the extent to which this experience manifests in youth exposed to Brahma Kumari teachings. This study will also measure the impact of elements such as Raja Yoga, self-knowledge, and moral education. The research is based on the idea that material achievements alone cannot provide complete satisfaction to youth. Only spiritual awareness and inner values can inspire them towards a balanced and holistic life. The role of organizations like the Brahma Kumaris becomes extremely important in this context. This research will attempt to uncover the impact of these teachings on the mindset and lifestyle of educated youth.

## **2. Objectives**

The main objectives of this study are:

1. To assess the level of awareness of the teachings of the Brahma Kumaris among educated youth.
2. To understand the changes that adopting the teachings of the Brahma Kumaris brings about in the mental, emotional, and spiritual lives of youth.
3. To analyze how the teachings of Raja Yoga meditation, self-knowledge, and moral values affect the spiritual happiness of youth.
4. To understand how educated youth approach the teachings of the Brahma Kumaris – religious, scientific, or psychological.
5. To study the impact of these teachings on various dimensions of spiritual happiness (such as peace, contentment, positive thinking, self-control).
6. To determine the difference in the level of spiritual happiness between youth associated with and those not associated with the Brahma Kumaris.
7. Analyze the impact of these teachings on the lifestyle, decision-making, and stress management of educated youth.
8. Offer suggestions for more effectively disseminating the teachings of the Brahma Kumaris to youth.

## **3. Literature Review**

The available literature on meditation and its effects on stress management is extensive, and numerous studies have proven its effectiveness. Although there is relatively little research on Raja Yoga meditation, its principles have been discussed in various spiritual practices and mental health contexts.

1. Koenig et al. (2012) reported that spirituality helps improve a person's overall well-being and health. They found that spiritual practices reduce stress, increase mental strength, and provide a sense of purpose in life. The study also found that spirituality positively influences mental and physical health. Religious and spiritual activities promote social support and good relationships. Overall, this study supports a positive link between spirituality and health.
2. Park and George (2013) suggest that spirituality can be an important means of achieving well-being during reflective stages of life, especially in middle age. According to them, spiritual practices help individuals cope with life's changes and existential questions. The study also found that spirituality promotes a sense of purpose, inner peace, and mental toughness. They also acknowledged that the effects of spirituality depend on a person's personal and cultural circumstances. Overall, the study shows a positive relationship between spirituality and life satisfaction.
3. The study conducted by Ramesh M.G. (2013) involved a comparative analysis of individuals who practice Rajyoga meditation versus those who do not. This research was carried out at the Brahma Kumaris Rajyoga Meditation Centers located in Manipal and Udupi, Karnataka. The study comprised a total of 50 participants, consisting of 25 regular meditators and 25 non-meditators. The average age of the participants was 42.95 years, with a standard deviation of 15.29 years. Through the application of descriptive statistics and hypothesis testing, the study analyzed the relationship between the duration and frequency of meditation and the levels of happiness and self-satisfaction.
4. George and Ellison (2014) reviewed various studies related to religious involvement and mental well-being. According to the studies, regular spiritual practices foster emotional support, social connectedness, and inner peace. Participation in religious activities was observed to lead to a reduction in stress and anxiety, as well as an increase in life satisfaction. The research also indicated that religious communities and social networks provide individuals with emotional stability. Overall, religious engagement exerts a positive influence on mental and emotional well-being.
5. Johnson (2017) reviewed research conducted regarding the relationship between various spiritual practices and happiness. According to the study, traditional religious rituals provide many individuals with a sense of connection and a purpose in life. Meanwhile, non-religious spiritual activities—such as mindfulness—were also found to be helpful in enhancing inner peace and mental balance. The review indicated that both religious and non-religious forms

of spiritual practices contribute to psychological well-being. Ultimately, true happiness is derived from those spiritual practices that align with an individual's values and needs.

6. A study by Smith and co-authors (2018) found that regular prayer and meditation positively influence mental health and life satisfaction. This effect was observed to be particularly pronounced among middle-aged individuals. According to the study, spiritual practices reduce stress and promote emotional well-being. Regular prayer and meditation enhance one's capacity to cope with life's challenges, as well as their mental resilience. Overall, the study concluded that spiritual practices are instrumental in strengthening mental health and life satisfaction.
7. Raval & Sharma et al. (2018): Raval, Sharma, and their co-authors conducted a randomized controlled trial in 2018 and found that participants practicing the Brahma Kumaris' Raja Yoga meditation experienced a significant increase in happiness levels compared to the control group. The study also revealed that regular meditation led to improvements in subjective well-being and life satisfaction. The researchers observed that the Brahma Kumaris' Raja Yoga meditation also fosters improvements in positive emotions and overall mental health.
8. Prakash and Deo (2019) analyzed the effects of Raja Yoga meditation in a long-term study. The study found that the continuous practice of Raja Yoga meditation enhances long-term happiness and life satisfaction. Regular meditation fosters emotional balance and self-contentment, alongside immediate mental well-being. The research specifically highlighted that consistency in meditation is essential for realizing these benefits. Overall, the study concluded that Raja Yoga meditation significantly improves quality of life over time.
9. Jones and Brown (2019) reviewed the literature regarding spiritual practices and life satisfaction. The study found that incorporating spiritual practices into one's daily routine leads to a reduction in stress and an increase in satisfaction. This effect was observed to be particularly pronounced among middle-aged individuals. Regular spiritual engagement fosters emotional resilience and mental peace. Overall, the study concluded that spirituality is instrumental in reducing stress and enhancing life satisfaction during middle adulthood.

#### **4. Concept of Rajyoga Lifestyle**

The Rajyoga lifestyle is a spiritual way of life grounded in meditation, positive thinking, purity, and self-discipline. In this lifestyle, the connection between the soul and the Supreme Soul is experienced through "open-eye meditation." Emphasis is placed on \*Amritvela\* meditation, a

\*sattvic\* vegetarian diet, emotional balance, spiritual study, and service to humanity. It inspires one to adopt a balanced daily routine while abstaining from intoxicants and negative habits. The Rajyoga lifestyle is regarded as instrumental in attaining mental peace, self-realization, happiness, and spiritual bliss.

## **5. Spiritual Happiness among Educated Youth**

Spiritual happiness signifies inner peace, contentment, emotional balance, and a sense of meaning in life. Rather than relying on material pleasures, it offers a lasting and profound sense of joy. Today's educated youth face challenges such as academic pressure, career insecurity, relationship stress, digital addiction, and mental instability. These issues can exacerbate anxiety, loneliness, and depression. Rajyoga meditation fosters the development of self-confidence, concentration, positive thinking, and emotional resilience among young people. Various studies have found that regular practitioners of Rajyoga experience higher levels of happiness, better mental health, and a greater sense of meaning in life.

## **6. Biological Clock and Rajyoga Lifestyle**

The biological clock, or circadian rhythm, is the body's internal time keeping system, which regulates sleep, digestion, hormones, and mental alertness. An irregular lifestyle can disrupt this biological balance, leading to stress, fatigue, insomnia, and emotional instability. The Rajyoga lifestyle is grounded in a regular daily routine and discipline, which helps maintain the balance of the biological clock. It places special emphasis on timely sleep and waking, meditation, and a \*sattvic\* diet. Thus, the Rajyoga lifestyle contributes to improving physical, mental, and emotional well-being.

## **7. Early Rising and Amritvela Meditation**

At the Brahma Kumaris, special emphasis is placed on meditation and self-reflection during "Amrit Vela"—the early hours around 4:00 AM. In Indian tradition as well, the "Brahma Muhurta" is considered the most auspicious time for mental peace and meditation. Morning meditation calms the mind, thereby enhancing concentration, positivity, and hormonal balance. It aids in reducing stress, promoting sound sleep, and maintaining the balance of the biological clock (circadian rhythm).

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## 8. Neurophysiological Effects of Rajyoga Meditation

Scientific studies indicate that Raja Yoga meditation has a positive impact on the brain and mental health. Research has found that regular practitioners of Raja Yoga exhibit higher levels of happiness, and structural changes have been observed in positive regions of their brains. Neuroimaging studies have also demonstrated a correlation between positive thoughts and an increase in gray matter. Raja Yoga meditation aids in reducing stress, fostering emotional balance, and enhancing concentration and positive thinking. Various meta-analysis studies have further confirmed significant improvements in brain functioning attributed to meditation. Page | 39

## 9. Rajyoga Lifestyle and Emotional Self-Regulation

Raja Yoga meditation teaches individuals awareness of their thoughts and emotional self-control. It emphasizes transforming negative thoughts into positive and spiritual ones. Studies have found that young people who practice Raja Yoga demonstrate improvements in self-esteem, stress management, mindfulness, and emotional balance. These qualities assist educated youth in navigating social and emotional challenges.

## 10. Satvik Diet and Holistic Health

In the Rajyoga lifestyle, special emphasis is placed on \*Sattvic\* vegetarian food prepared with a calm mind, as food exerts a direct influence on the mind and emotions. A balanced diet, regular sleep, and meditation enhance digestion, immunity, mental clarity, and emotional stability. The disciplined daily routine of Rajyoga also aids in maintaining the balance of the biological clock (circadian rhythm).

## 11. Critical Review of Literature

Most studies have found that Rajyoga meditation has positive effects on mental health, emotional stability, and happiness. Nevertheless, research in this area faces limitations such as limited sample sizes, a scarcity of long-term studies, and a lack of research focused specifically on youth. Combined studies exploring the interplay between spirituality and circadian biology also remain scarce. In public discourse, while some describe the Brahma Kumaris' meditation practice as a source of peace and a transformative experience, others raise questions regarding its strict discipline and beliefs.

## 12. Conclusion

The Brahma Kumaris' Raja Yoga lifestyle offers a holistic path to spiritual and mental well-being. Meditation, positive thinking, a disciplined daily routine, a \*sattvic\* diet, and living in harmony with one's biological clock foster mental peace, emotional balance, and spiritual contentment. Scientific studies have found Raja Yoga meditation to be effective in reducing stress, improving brain function, and enhancing happiness. In the current times—amidst the mental challenges faced by educated youth—the Raja Yoga lifestyle can serve as a valuable model for holistic development and self-control.

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### Conflict of Interest/Competing Interests

No conflict of interest.

### Data Availability

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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