



# Study the Impact of Rajyoga lifestyle on Holistic Wellbeing of Senior citizen.

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## INTRODUCTION

Aging is a biological process through which every human being passes. This process starts at birth and ends with death. Aging is life spanning from the infancy process of growth and development running from infancy to old age through childhood, adulthood and at last ends with the death of individuals. Aging is usually concerned with fatigue and declining functional capacity of different organs of the body due to physiological transformation (Sooden, 1975). As a result the majority of them are unable or not allowed to work. For practical purposes who defines people above the age of 60 years as elderly. The beginning of old age in an individual is associated with different conditions or changes. Occurring in one life for example, the onset of graying hair. The advent of bifocals, serious impairment of vital physical components, failure of individuals to function independently, ceasing to be a part of production and imposition of an arbitrary retirement age by the society old age means physical disability, decline mental ability, the gradual giving up of roles played in social activities and a shift in economic independence to economic dependence on others for support (Sandhu, 2002). Edward defines aging as the element of time in living. According to him aging is a part of living .Aging begins with conception and terminates with death. It cannot be arrested unless we arrest life. We may restart aging or accelerate it, but we cannot arrest life it while life goes on, because it is essentially an element in living .The study will create awareness among the people to amend their behavior towards their children also (Edward1962) . Many trusts and NGO opened many old age homes. The traditional India family structure was different from the present scenario. That time old people had respected positions in their families. But now western culture, industrialization, etc has turned down their position in

their families. Youngsters believe in nuclear family structure and they don't like old people. They let them live in old age homes. In some families old people with their own wishes start to live in old age homes due to annoying behavior of their children. Ms Radhika says holistic education is the most important concept for senior citizens. Government should provide a better solution for senior citizens who are suffering from anxiety, depression, insomnia disorder, and all types of illness. They need help to come up with these diseases. And leaves life peacefully .

All these cases we are studying. Then Brahma Kumari started Rajyoga meditation especially for senior citizens to practice everyday. Many senior citizens are following this Rajyoga meditation. And leaves happily and peacefully.

## REVIEW OF LITERATURE

The phrase "Review of Literature" consists of two words "review" and "Literature" in research methodology the term Literature refers to knowledge of a particular area of any discipline, which includes theoretical practical and it is research studies.

The literature in any field forms the foundation upon which all further work knowledge provided by the review of literature one work will be built. If we fail to build a foundation of knowledge provided by the review of literature one work will be shadowed and that has already been done better by someone else. For any researcher, review of literature is considered an important part of research. So the researcher collected the following literature through books , magazines and articles.



Madhurima (1989) conducted a detailed qualitative study of inmates of old age homes at Chandigarh.

She found that the aged, who owned property and transferred it to their children in order to win over them or in order to get their affection, were maltreated and were forced to live in old age homes. When they lost their control over economic resources they had to suffer a lot.

Chaudhary (1992) in his study "Ageing and the Aged" found that the elderly people were not looked upon carefully and due respect was not given to them by their children, which they used to get earlier. They start feeling neglected, therefore they start shunning the company of others and stay lonely and loneliness in turn may give rise to stress and depression and eventually they fall sick.

**SHIRLEY TELLES, 1993** Two groups of 45 children each whose ages ranged from 60 years 80 years were assessed one steadiness test at the beginning and again at the end of a 10 day period during which one group received training in yoga while the other group not the steadiness test required insertion of and holding for 15 sec a metal without touching the sides of holes f decreasing sizes in a metal plate the contacts were counted as errors during the 10 day period one group the yoga group received training in special physical postures asanas voluntary regulation of breathing Pranayama maintenance of silence as well as visual focusing exercises tratakas and games to improve the attention span and memory the other group control carried out their usual routine after 10 days the yoga group showed a significant wilcoxons paired signed ranks test

decrease in errors where as the control group showed no change thus senior citizens who are practicing yoga.

**Vasudevan, A., Kumariah, V., Mishra, H., and Balodhi, J. p.(1994)** examined the effects of Yogic meditation in tension headache and anger. 7 Ss with tension headache and high state and trait anger levels were taught and underwent 30 sessions of yogic meditation. Single group design with multiple assessment was used; pre, mid, and post assessments were made using psychophysiological measures. Results indicate no statistically significant reduction in the frontalis muscle tension and skin conductance, although clinically there was a decline. Statistically significant reduction in pain perception was observed. Yogic meditation was effective in reducing tension headache and in the state and trait anger levels.

**Panjwani, U., Selvamurthy, W., Singh, S. H., Gupta, H. L., Thakur, L., and Rai, U. C. (1996)** examined the Effect of Sahaja yoga practice on seizure control & EEG changes in patients of epilepsy in 32 patients of idiopathic epilepsy. The subjects were randomly divided into 3 groups. Group I (n = 10) practiced Sahaja yoga for 6 months, Group II (n = 10) practiced exercises mimicking Sahaja yoga for 6 months and Group III (n = 12) served as the epileptic control group. Group I subjects reported a 62 per cent decrease in seizure frequency at 3 months and a further decrease of 86 per cent at 6 months of intervention. It was indicated that Sahaja yoga practice brings about seizure reduction and EEG changes. Sahaja yoga could prove to be beneficial in the management of patients of epilepsy

19 old age homes were studied by Dandekar (1996). He found that the main reason for the aged moving into old age homes was the lack of proper care for them within the family set-up. The study found that the majority of the inmates were living free in old age homes. The study also concluded that four-fifths of the inmates liked the old age homes. They wanted to live there because they had nowhere else to go.

Soneja and Tyagi (1999) in their study “Family and Aging: A study to assess the kind of support required by the aged living in families” found that a change in the attitudes of the younger generation is observed. Elderly feel that they are being respected only if they are interfering less in the life of younger generations.

**DiBenedetto M, Innes K E, Taylor A G, Rodeheaver P F, Boxer J A, Wright H J, Kerrigan D C. (2000)** examined if a tailored yoga program could improve age-related changes in hip extension, stride length, and associated indices of gait function in healthy elders, changes that have been linked to increased risk for falls, dependency, and mortality in geriatric populations. A 3-dimensional quantitative gait evaluation, including kinetic measurements, was performed pre- and post intervention. Twenty-three healthy adults (age range, 62-83 y) who were naive to yoga were recruited; 19 participants completed the program. An 8-week Iyengar Hatha yoga program specifically tailored to elderly persons and designed to improve lower-body strength.

**Joan M.B. Smith, RN, MSN, ARNP, Jennifer N. Slawta PhD., Darek Nalle (2000)** did a Descriptive comparative study determining the effect of Hatha yoga on the flexibility and balance of 86 elementary students who attended a health promotion program. Valid and reliable instruments were used to collect data both pre- and post- intervention following nine weeks of Hatha yoga intervention. The intervention contributed to changes in subject's flexibility and balance based on the statistically significant differences obtained.

**Tommijean Thomas, Ph.D.; Christopher D. Tori, Ph.D.; Benjamin A. Thomas, B.A. Rajvi H. Mehta, Ph.D. (2000)** investigated the Medical, Psychological, and Spiritual Benefits of Long Term Iyengar Yoga Practice among 357 long-term yoga practitioners. It was hypothesized that long-term practitioners would obtain higher scores on the battery of psychological tests than normative samples. As predicted, improvement of physical and psychological disorders was reported, and the personality characteristics of the sample were indicative of well-adjusted individuals. The findings provide strong support for significant positive change in physical, mental, and spiritual strength.

A survey in (2001) was conducted in Kerala and Tamil Nadu by Rajan ,Mishra, and sarma , covering 7 old age homes and 126 elderly. This study reveals that the majority of the inmates are happy about their stay in old age homes and services rendered. They are satisfied with the quality as well as quantity of the food served in old age homes. The study also found that above fifty percent of the inmates stated that the old age home is the best place to live in old age.

Sandhu and Arora (2003) have conducted a study in Amritsar district, Punjab. In their study they found that elderly are satisfied and enjoying their institutional life in old age homes. They do not feel badly about their institutionalization. They expressed their feelings that there should be more old age homes in the society. The study also shows that most of the elderly came to these old age homes due to strained relations with their sons and daughters-in-law.

7. Das and Shah (2004) conducted a study in industrialized elderly in Gujarat. Their studies indicated that one third elderly have stated that they choose such an arrangement due to familial conflict. It is also concluded that the demand for institutional living arrangements in the face of weakening traditional familial support has increased as grown-up children find it difficult to take care of their aging parents. Thus, the circumstances compelled the elderly to move out to such impersonal arrangements, where they are struggling to make a new meaning of their lives, seek solace and comfort in age mates, adjust to the discipline of institutional living and to unfamiliar living arrangements .The study also found that majority of the inmates was satisfied with the services provided to them and with the care taking of the staff.

**A Woolery, et al (2004).** Conducted a study to examine the effects of a short term Iyengar Yoga (with props) course on mood in mildly depressed all group. Young adults pre-screened for mild

levels of depression were randomly assigned to a yoga course or wait-list control group. At intake, all participants were experiencing mild levels of depression, but had received no current psychiatric diagnosis or treatments. None had significant yoga experience. Subjects in the yoga group attended two 1-hour Iyengar Yoga classes each week for 5 consecutive weeks. The classes emphasized yoga postures thought to alleviate depression, particularly back bends, standing poses and inversions. Beck Depression Inventory. State Trait Anxiety Inventory, Profile of Mood States, morning cortisol levels.

**Galantino ML, Bzdewka TM, Eissler-Russo JL, Holbrook ML, Mogck EP, Geigle P, Farrar JT.(2004)** studied the impact of modification of hatha yoga on chronic low back pain on participants with chronic low back pain.

Guiding questions were used for qualitative data analysis to ascertain how yoga participants perceived the instructor, group dynamics, and the impact of yoga on their life. Potentially important trends in the functional measurement scores showed improved balance and flexibility and decreased disability and depression for the yoga group.

**Woolery A, Myers H, Sternlieb B, Zeltzer L.(2004)** Iyengar yoga course on mood in mild depression elderly persons has been done. At intake, all participants were experiencing mild levels of depression, but had received no current psychiatric diagnoses or treatments. None had significant yoga experience. Subjects in the yoga group attended two 1-hour Iyengar yoga classes each week for 5 consecutive weeks. Beck Depression Inventory, State-Trait Anxiety . The findings provide suggestive evidence of the utility of yoga asanas in improving mood and expression of anger .

**Williams K A, et al.(2005)**examined the effect of Iyengar yoga therapy in subjects with non-specific chronic low back pain comparing Iyengar yoga therapy to an educational control group. Subjects were primarily self-referred and screened by primary care physicians for study of inclusion/exclusion criteria. The primary outcome for the study was functional disability. Secondary outcomes including present pain intensity, pain medication usage, pain-related attitudes and behaviors, and spinal range of motion were measured before and after the interventions. The preliminary data indicate that the majority of self-referred to the persons with mild chronic low back pain will comply with and report improvement on medical and functional pain-related outcomes from Iyengar

**Yuvaraj.T and Latha (2005)** did a study aiming at understanding the effect of practice of yoga upon the multi-dimensions of health. A sample of yoga practitioners(N=58) and non-practitioners (N=82) were included in the study and assessed using General Health Questionnaire-28(GHQ-28)developed by Goldberg(1988),psychological well being scale by Bhogle and Jaiprakash (1995),sense of support scale by Dolbier and Steinhardt (2000) and spirituality and well being scale by Latha (2005) and a corresponding visual analogue scale to identify the levels of well

being of the subjects in each of the dimensions. Results revealed that yoga practitioners were significantly better in the general health status than non-practitioners of yoga, while the two groups were identical in other dimensions such as psychological, social and spiritual status. There was a significant positive relationship between self-perceived satisfaction with health and objective dimensions of global health .

**Andreas Michalsen, P. et al (2005)** examined Rapid stress reduction and anxiolysis among distressed senior citizens as a consequence of a three-month intensive yoga program. Emotional distress is an increasing public health problem and Hatha yoga has been claimed to induce stress reduction and empowerment in practicing subjects. We aimed to evaluate potential effects of Iyengar Hatha yoga on perceived stress and associated psychological outcomes in mentally distressed senior citizens. practice of yogasan physical well-being. Salivary cortisol levels were measured before and after an evening yoga class.

**Lavey R, Sherman T, Mueser KT, Osborne DD, Currier M, Wolfe R.(2005)**examined The effects of yoga on mood in 13 psychiatric inpatients at New Hampshire Hospital. Participants completed the Profile of Mood States (POMS) prior to and following participation in a yoga class. Analyses indicated that participants reported significant improvements on all five of the negative emotion factors on the POMS, including tension-anxiety, depression-dejection, anger-hostility, fatigue-inertia, and confusion-bewilderment.

**Parshad O (2006)**, conducted the “Study on Role of yoga in stress management” at Department of Basic Medical Sciences, The University of the West Indies, Jamaica, West Indies. The state of the mind and that of the body are intimately related. If the mind is relaxed, the muscles in the body will also be relaxed. Stress produces a state of physical and mental tension. Yoga, developed thousands of years ago, is recognized as a form of mind-body medicine. In yoga, physical postures and breathing exercises improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormone function. In addition, the relaxation induced by meditation helps to stabilize the autonomic nervous system with a tendency towards parasympathetic dominance. Physiological benefits which follow, help yoga practitioners become more resilient to stressful conditions and reduce a variety of important risk factors for various diseases, especially cardio-respiratory diseases.

Bansod and Paswan (2006) studied in Amravati district of Maharashtra in which they highlighted that the majority of the aged inmates in the old age homes came from rural areas, which were illiterate, widowed and were economically dependent. Further the result shows that, most of the elderly have been driven to take shelter in these old age institutions due to neglect, economic reasons and lack of support from children and relatives. In their study, misbehavior of sons and daughters in law were found common among those aged who came from joint families

Mishra (2007) in his study of Orissa found that due to the lack of family care and economic support forced the elderly to shift to old age homes. He examined that the majority of the elderly felt their satisfaction with the prevailing arrangement at old age institutions. Further, study also

shows that being in constant contact with their friend networks, having cordial relations with the co residence and engaged in various activities within the institution were also contributing factors of their satisfaction in the old age institutions. Many elderly felt that these institutions became an ideal place for them to live and they do not want to go back to their children.

Jamuna and Jyostana (2008) conducted a study on pay and stay homes in the four cities i.e. Bangalore, Chennai, Hyderabad and Thiruvananthapuram. They focused on their relocation experience, frequency and types of social network, perceptions concerning stay in old age homes. Their study found that the majority of the elderly are widowed females. Findings reveal that issueless and conflicting relations are the main cause for shifting to the old age homes. Most of them reported the network sizes are small and never conceived that they would be spending their later years.

**Carmody J, Baer RA (2008)**, conducted the “Study on Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program” at Division of Preventive and Behavioural Medicine, Relationships were investigated between home practice of mindfulness meditation exercises and levels of mindfulness, medical and psychological symptoms, perceived stress, and psychological well-being in a sample of 174 adults in a clinical Mindfulness- Based Stress Reduction (MBSR) program. This is an 8- session group program for individuals dealing with stress-related problems, illness, anxiety, and chronic pain. Participants completed measures of mindfulness, perceived stress, symptoms, and well- being at pre- and post-MBSR, and monitored their home practice time throughout the intervention. Results showed increases in mindfulness and well-being, and decreases in stress and symptoms, from pre- to post-MBSR. Increases in mindfulness were found to mediate the relationships between formal mindfulness practice and improvements in psychological functioning, suggesting that the practice of mindfulness meditation leads to increases in mindfulness, which in turn leads to symptom reduction and improved well- being.

**Cowen VS (2008)**, conducted the “Study on Stress and Functional fitness improvements after a worksite-based yoga initiative” at Department of Health, Physical Education and Dance, The City University of New York, USA. This study explored the benefits of yoga on functional fitness, flexibility, and perceived stress. A quasi- experimental design was used to measure benefits of yoga in samples of firefighters from a major metropolitan fire department.

The classes included pranayama (breathing), asana (postures), and savasana (relaxation) and most were physically active but had no prior experience with yoga. Functional Movement Screen, a seven item test that measures functional fitness. Improvements were also noted in trunk flexibility and perceived stress. Participants also reported favorable perceptions of yoga: feeling more focused and less musculoskeletal pain. These findings - along with the retention of the majority of the elderly indicate that participants benefited from yoga.

**Aniele Martarelli, et al (2009)** Diaphragmatic breathing is relaxing and therapeutic, reduces stress, and is a fundamental procedure of Pranayama Yoga, Zen, transcendental meditation and other meditation practices. Analysis of oxidative stress levels in people who meditate indicated that meditation correlates with lower oxidative stress levels, lower cortisol levels and higher melatonin levels. It is known that cortisol inhibits enzymes responsible for the antioxidant activity of cells and that melatonin is a strong antioxidant; therefore, in this study, we investigated the effects of diaphragmatic breathing on exercise-induced oxidative stress and the putative role of cortisol and melatonin hormones in this stress pathway. It was observed by researchers that most of the studies were conducted outside India and few studies held on the lifestyle of senior citizens and meditation.

Hence the researcher felt it important to study the effect of Holistic education on the lifestyle of senior citizens.

Isha (2009) in her article “Quality of life in old age homes in Punjab” tried to find out reasons why old persons live in old age homes. The old aged persons were poorly behaved by their sons and daughters –in-laws. That is why old people feel sad and uncomfortable in their homes. On other hand moving of the families to the foreign countries is also one of reason of the old aged persons to live in old age home because there is no one left in their families to take care of them.

A study has been conducted by Kaur (2009) on institutionalizing the elderly in Punjab and Chandigarh. She studied supportive / exchange relationships in terms of personal, advisory and financial relations between elderly and their married sons. Her study reveals that the majority of the elderly were providing more help to their sons but getting less assistant from their sons. Further, the study also concludes the prominent reasons for shift to old age homes was that there was nobody to look after the elderly.

**Kulkarni DD, Bera TK (2009)**, conducted the “Study on Yogic exercises and health - a psycho-neuro immunological approach” at Scientific Research Department, Kaivalyadhama Yoga Research Institute, Lanavla , Pune. Relaxation potential of yogic exercises seems to play a vital role in establishing psycho-physical health in reversing the psycho-immunology of emotions under stress based on breath and body awareness. Therefore, a hybrid model of human information processing-psycho-neuroendocrine (HIP-PNE) network has been proposed to reveal the importance of yogic information processing. This study focuses on two major pathways of information processing involving cortical and hypothalamo-pituitary-adrenal axis (HPA) interactions with a deep-range molecular action on cellular, neuro-humoral and immune system in reversing stress mediated diseases.

**GOUTHAM CHAND 2009.** He has conducted a study on Effect of yogic practice on peak expiratory volume, resting pulse/heart rate, flexibility,. “shri sankarlal soudarbai shasum jain”

college for elderly women of Chennai were divided into two groups equally in which group I was given training in yogic practices for 6 weeks and the group II is a control group which was formed for the comparative analysis the statistical technique of t test was used at 0.05 significance level; of confidence and found the result for endurance test and peak expiratory flow were 5089 and 7.13 respectively compared to table value of 2.09. Therefore it was hypothesized that there is significant improvement in endurance peak expiratory flow and flexibility and significant decrease in resting heart rate.

Bharti (2010) has conducted an empirical study on institutionalized age in Hyderabad. Her study reveals that most of the elderly were dependent upon their children for their daily needs and requirements. Most of them were not receiving any personal care by their family members as it was the main cause to move the old age homes. The study also concludes that despite being old some of the elderly play an active role by keeping themselves busy in some activities.

### **Research gap identified**

The review of the available literature makes it clear that the practice of meditation changes the lifestyle of senior citizens as well as all age group. Further when it comes to the application of Rajyoga meditation introduced by Prajapita Brahma kumaris Iswariya Viswa vidyalaya a little study will be taken. It is the plug to this research gap that the present study has been proposed to study the Application of Holistic Education in the lifestyle of senior citizens.

### **NEED OF THE STUDY**

#### **1. Rapidly Growing Elderly Population**

With increased life expectancy, the proportion of senior citizens is growing rapidly in India and globally. This has created urgent demand for interventions that enhance their quality of life and well-being.

#### **2. Challenges of Ageing**

Senior citizens often face multiple issues: physical health decline, chronic diseases, emotional instability, loneliness, anxiety, and social isolation. Conventional health care addresses medical needs but often overlooks psychological, spiritual, and social dimensions.

### 3. Holistic Health Requirement

Modern health sciences acknowledge that well-being is not only physical but also emotional, mental, social, and spiritual. A lifestyle-based intervention like Rajyoga may provide a comprehensive approach to holistic wellness.

### 4. Growing Interest in Mind-Body Interventions

Meditation, mindfulness, and yoga are increasingly being recognized as effective tools to manage stress, improve cognition, and promote emotional balance in old age. Rajyoga, with its emphasis on soul-consciousness and connection with the Supreme, offers a unique spiritual dimension.

### 5. Evidence Gap in Rajyoga Research

While studies exist on yoga, meditation, and mindfulness for elderly wellness, limited empirical research has been done on Rajyoga lifestyle practices (dietary discipline, meditation, positive thinking, spiritual outlook) specifically for senior citizens.

### 6. Preventive and Supportive Role

Rajyoga lifestyle can potentially reduce dependency on medical interventions by improving self-regulation, stress resilience, and psychosocial health—thus lowering healthcare costs and burden on caregivers.

### 7. Spiritual Coping in Old Age

In later life stages, spiritual practices often provide strength to cope with fear of death, loss, and physical decline. Rajyoga's emphasis on spiritual identity may help seniors cultivate inner peace, acceptance, and purpose.

### 8. Social Integration and Community Bonding

Rajyoga centers and community gatherings provide social engagement for elderly people, reducing loneliness and enhancing belongingness, which are crucial for mental health.

### 9. Policy and Practical Implications

Findings from this study can guide policymakers, healthcare professionals, and caregivers to integrate Rajyoga-based lifestyle programs in geriatric care, senior citizen homes, and community wellness initiatives.

## 10. Contribution to Knowledge

The research will bridge gaps in literature on holistic interventions for elderly well-being and offer a new evidence-based model that integrates spirituality, psychology, and health sciences.

## SIGNIFICANCE OF THE STUDY

The aim of study is to awaken the lifestyle of senior citizens better with application in Holistic education in their life. This study will be based on our personal interview and will be helpful in making their life easier, happier, hopeful and better quality of life. And also those senior citizens who are not aware of this holistic lifestyle.

Brahma kumaris teaches the people to practice rajyoga meditation ,through this practice you can identify I am a peaceful soul rather than body, But people believe that all souls are created by nature. and that God is the almighty main source of all kinds of goodness.

The researcher wants to prove that through this holistic education it helps senior citizens to overcome their mental and physical health problems.

Application of Rajyoga meditation gives better quality of lifestyle. Many scholars are studying the senior citizen's problems, they're trying to find out their reasons for suffering in mentally, physically and economically. But seniors are not satisfied in their families and in their lifestyle.

So many yoga asanas and surya namaskar training are conducted in old age homes. They are not getting enough relaxation in their mind. Holistic education recognizes that they would be spending their time within themselves. Spiritual Benefits of the elderly people. They have needed this way to keep themselves busy and happy.

The role of Rajyoga meditation gives a better life to senior citizens and younger generations.

- Firstly Provide them with a proper nutrition diet.
- Special attention will be given to the experienced senior citizens who are living the lifestyle based on Rajyoga meditation.
- A study of Holistic Education how to help seniors in their life easier.
- Those senior citizens are living in old age homes. Teach them to practice Rajyoga meditation and lead their life happily.
- Advice to do proper exercise for health and fitness. Morning walk 30mints and evening walk 30mints.

- Some creative work should be provided to them.
- For entertainment videos and games provided to them.
- Allow their grandchildren to play with them.

I am confident that the result during out of this study is a practical solution to this problem.

## SCOPE OF THE STUDY

### 1. Population Focus

The study will focus on senior citizens (60 years and above), covering both genders, diverse socio-economic backgrounds, and varying health conditions.

### 2. Geographical Coverage

The research will be conducted within selected urban and/or rural regions (depending on research design), with potential scope for generalization to the larger Indian elderly population.

### 3. Holistic Well-being Dimensions

The study will examine well-being across five dimensions:

Physical health (chronic illness management, sleep, energy levels)

Mental health (stress, anxiety, cognitive function)

Emotional well-being (happiness, life satisfaction, resilience)

Social well-being (relationships, community participation, loneliness reduction)

Spiritual well-being (inner peace, acceptance, meaning of life).

### 4. Rajyoga Lifestyle Components

The scope includes the following practices:

Daily Rajyoga meditation

Soul-consciousness and spiritual awareness

Positive thinking and value-based living

Satvik vegetarian diet

Regular participation in spiritual study and community gatherings.

## 5. Nature of the Study

Both quantitative and qualitative approaches will be used:

Surveys and standardized scales to measure well-being

## 6. Time Frame

The study will analyze both short-term and long-term impacts of Rajyoga lifestyle on elderly participants.

## 7. Comparative Element

Where possible, a comparison may be made between senior citizens practicing Rajyoga and those not practicing Rajyoga to highlight differential effects.

## 8. Application of Findings

The study findings can be applied to:

Elderly care homes and senior citizen associations

Public health policies on geriatric wellness

Spiritual and lifestyle intervention programs

Training modules for caregivers and health workers.

## 9. Limitations within Scope

The study will not cover all forms of yoga or meditation, but will be restricted to Rajyoga lifestyle as taught by Brahma Kumaris.

Medical interventions will not be altered; Rajyoga will be studied as a complementary lifestyle practice.

## 10. Future Research Possibilities

The scope opens pathways for further research on Rajyoga's role in preventive geriatric care, intergenerational bonding, and even neurological impacts of meditation.

## STATEMENT OF THE PROBLEM

Compared to today's lifestyle, senior citizens are not so much happier. Because they are taking lots of medicine for their illness. The senior citizens are suffering mentally and physical problems and no one can take care of them. Now-a-days they're feeling helpless. Family members are busy with their work & the younger generation live technical life. They have no time for the Senior members of their family. As we know, the lifestyle of younger generations is completely dependent on other activities. They spend time with friends, parties and clubs. So they have no time for their parents. Therefore there is a vacuum in the lives of senior citizens. Through holistic education the seniors may be living a balanced life. Through Practice of holistic education every day in their life, they can get more benefits, chances in their mood, attitudes, health, and lifestyle. Holistic education is a movement in education that seeks to engage all aspects of the elderly, including mind, body & spirit. Rajyoga meditation is one of the concepts which helps to keep them mentally, physically & socially strong & healthy.

The practice of Rajyoga may be reducing their medicine. Presently mental problems have created. Rajyoga meditation is the best way to reduce mental and physical problems.

In this situation it is advisable for them to practice Rajyoga meditation and lead their life happily. Which can give mentally peace and happiness. Rajyoga meditation especially teaches to everyone how to connect with God and keep the all relationship with Him. Rajyoga meditation also teaches to everyone how to lead your lifestyle.

## QUESTIONS OF THE STUDY

- Rajyoga meditation working as medicine. How?
- What are the problems of senior citizens feeling loneliness in their life?
- Why are our senior citizens the mirror of the younger generations?
- Why should we respect our seniors?
- Why are our seniors very important to us?
- How to keep our seniors' lifestyle happy and healthy?
- What are the benefits of our seniors practicing Rajyoga meditation?
- How to give a better quality of lifestyle to our senior members in our society?

## OBJECTIVES OF THE STUDY

- Provide them with a proper nutrition diet.
- Special attention will be given to the experienced senior citizens who are living the lifestyle based on Rajyoga meditation.
- A study of Holistic Education how to help seniors in their life easier.
- Those senior citizens are living in old age homes. Teach them to practice Rajyoga meditation and lead their life .
- Advice to do proper exercise for health and fitness. Morning walk 30mints and evening walk 30mints.
- Some creative work should be provided to them.
- For entertainment videos and games provided to them.
- Allow them to their grandchildren to play with them.
- To know about their problems faced by senior citizens in India.
- To know about their physical problems and provide them treatment.
- To evaluate the practice of Rajyoga meditation in their life is easier.
- Mental condition of their satisfaction from their children.
- Improvements of memory function by practicing Rajyoga.
- Practice of holistic education every once in a while changes their behaviors and swings moods.

## HYPOTHESIS OF THE STUDY

A Hypothesis is a statement that expresses a possible relationship between variable phenomena, based on existing knowledge, theory, or observation. A research question that seeks to explore or explain an aspect of my topic, without making any assumptions or comments.

- Rajyoga meditation keeps their mind peaceful.
- Rajyoga meditation especially improves their health issues.
- Rajyoga meditation practices reduce their medicine.
- Rajyoga meditation reduces their stress and free them from depression.
- Practice of Rajyoga meditation they are not feeling lonely .
- They can live their life in balance through the practice of Rajyoga.
- Seniors are active themselves in the practice of Rajyoga.
- They can get Spiritual environment to live independently.
- Application of Holistic Education in their lifestyle will be changed.
- They are feeling mentally and physically healthy after practicing Rajyoga.
- They are changing their lifestyle by practicing rajyoga and living peacefully.
- Spiritual principles teach them to understand their beliefs of God.

- Who is practicing Rajyoga meditation, and who is not practicing Rajyoga meditation? What is the difference between them? We are given justification for both of them.

## LIMITATIONS OF THE STUDY

Every research study has some limitations. If it is not done the researcher can't find the effective results. So there are some limitations of the study.

- The Study will be delimited within senior citizens.
- The study focuses only on Rajyoga meditation.
- The study will be held only on the senior citizens of Abu road who are practicing Rajyoga meditation.

## CONCLUSION

On the basis of results the study, conclusion and the suggestions will be made to improve the quality of lifestyle of senior citizens. Those Who are practicing Rajyoga meditation have cordial relationships with their children. Rajyoga meditation teaches us seniors to forgive and forget their children's mistakes.

What are the benefits of practicing Rajyoga meditation?

Especially senior citizens who are feeling helpless because of their lifestyle become very sophisticated. Their children are left in an old age home. They rarely visit their parents. So Rajyoga meditation keep themselves busy as well as mentally and physically healthy. I am confident that the result during out of this study is a practical solution to this problem.

## REFERENCE

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