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STUDY OF SENIOR CITIZENS WELL-BEING BY BRAHMA KUMARIS RAJYOGA LIFE STYLE

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I. INTRODUCTION

The traditional Indian family structure was different from the present situation. Old people had respected position in the family. Now western culture has turned down their position.

Nuclear family structure in youngsters not to like to live with elders. In old age they have to face the diseases also. Brahma kumaris Rajyoga has no age bar for the practice. Many senior citizens are following this Rajyoga meditation and live happy and peaceful.

II. Review of Literature

1. Das & Shah (2004) Familial conflict make it difficult to take care of aging parents.
2. Yuvaraj T. and Latha (2005) Both the group of meditators & non-meditators have been studied and found that physiological and psychological changes found in practicing meditation.
3. Jayashree Bute – *Journal of Medical Sciences*: Meditation technique.
4. Meditation on Aging Ramesh & Dhanraj (2014) promote better sleep and concentration.

III. Need of Study

1. **Elderly population increase:** Percentage of older population increasing due to medical support and adaptation of therapies of yoga, concentration, motivation etc.
2. **Challenges of aging:** Emotional instability, loneliness, anxiety, and social isolation. Overlooks psychological matters and social dimensions.
3. **Role of prevention and support:** Rajyoga meditation gives support in lifestyle practices, positive thinking specially for senior citizens.
4. **Highest knowledge requirement to judge:** The positive health in the human relationship management by Rajyoga meditation.
5. **Community bonding and social cultural practices:** Provide senior citizens social identity to cultivate inner peace.
6. **Holistic approach of education in senior citizens in their life.**
7. **Modern education system by the motivation, visualization, video shows, contact program.**

IV. SCOPE OF STUDY

1. **Focus on population:** Both gender population is taken for study since the need of application is 60 year above population. Today the status among both gender is equal and to look after the female also since for socio-economic condition in family both are responsible and health conditions are applying both.
2. **Nature of study:** Qualitative and quantitative approach is required. Survey and standard scale will be measured for well-being.
3. **Application for findings:** Senior citizen association and individual on geriatric wellness. Spiritual and lifestyle intervention program training modules for family holders among the young and middle aged population.
4. **Time frame:** Study will be analyzed for both short time and long time impact of Rajyoga lifestyle on elderly participants.
5. **Well-being dimensions:** One overall dimension of economic, social, mental, and spiritual dimensions.
6. **Rajyoga components:** Daily spiritual class, early morning meditation, spiritual awareness.
7. **Vegetarian diet, positive thinking, inculcation of values.**

V. STATEMENT OF PROBLEM

In olden days of Indian culture, the acquiring age above 60 years were adopting the principle to get liberation from all the responsibilities and handed over to the successors. They were searching for moksha (liberation) and get associated with the supreme by staying at the holy places.

Now the system of education, competition, survival possibilities, diseases, and fall in mental wellness—they search for the security and support. But the breaking up of human relation, greed, ego, etc., the aged citizens are facing with problems like loneliness, less prominence, medical expenses etc.

The main reason for the above problems is the absence of inner strength. Even though they have got all the physical facilities, they are disturbed by the mental well-being.

In this stage, the political, financial, social support is vacuum for the inner peace, and they have been forced to cultivate the senior citizen rehabilitation centres either in government campus or paid private campuses. Actually it is against to the Indian culture and also it is drawback to the younger category to use the experience of elders.

At this situation Brahmakumaris institution is provoking the social justice to live with confidence and cope with the negative situation in the regular family life. They have selected the path to strengthen the knowledge of karma, world cycle history and geography, and practice of Rajyoga with the support of supreme being.Not only they strengthen them but also they will become masterpiece to help other elders without the limit of caste, greed, nation, culture etc.

VI. OBJECTIVES OF STUDY

1. Improvement of memory function by Rajyoga meditation.
2. Receiving the powers needed to handle the situations, problems by adopting and practicing awareness in Brahma Muhurth.
3. Social mixture and exchange of values and experience to transfer others.
4. To educate the seniors to acknowledge the existing facilities available by state and central governments.
5. Advice to do proper exercise / walk for health fitness.
6. Education to change their behaviors and moods.
7. Allow them to play with grandchildren and share the experience.
8. To provide them with a proper nutrition/food.
9. To set their routines, systematic daily duties, and adhere with principled life.
10. Get liberation from all the bad habits by mental maturity.

VII. HYPOTHESIS OF STUDY

1. Seniors will enjoy their remaining life with happiness.
2. Get free from the side effect of negative thinking.
3. Social awareness to cope with the problem with the society.
4. Awareness of one God, one family with secured and enlightened life.
5. Bringing the bridge between the younger and elders to achieve eternal contentedness.
6. New knowledge, new life, new culture in...
7. Adoption of spiritual principles in achieving the blissful life.
8. Balanced life with situations, problems to reach the ultimate goal.
9. Liberation from loneliness, insecurity, depression, dependency etc.
10. Reduce the consumption of medicines by Rajyoga meditation.

VIII. LIMITATION OF STUDY

1. Study is limited to urban Belgaum, Karnataka state.
2. Implementing spiritual principles in aged persons to get the maximum benefit to seniors.
3. Challenge in adoption due to western impression of individual family concept.
4. Avoiding the negative companion effect by waste, visions, thought vibrations.
5. Rajyoga meditation is effective to the persons who command their sense organs.

IX. CONCLUSION

Practice of Rajyoga meditation is a slow process but concrete effect by adopting the principles and the practitioner not only become self-empowered but can also bring big change in the others' life.

Psychological changes give best effect on physical, mental, social, and spiritual life. Practically we can observe, record, and recognize Rajyoga meditation works as medicine and bring change in society which will be the asset to the forth coming society.

I am confident and already evident that thousands of seniors have taken benefit of Brahmakumaris Rajyoga meditation and leading successful life and become worth contribution to the society.

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2. Nagesh N.V. B.R.M in Modern times
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4. Kripalany – Emotional Intelligence

Brahmakumaris official website Rajyoga Meditation

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