

# Role of Raj yoga Meditation in Developing Ethical Decision-Making among Management Students

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## Abstract

Making moral decisions is a critical skill for management students in the fast-paced commercial world of today. However, kids' moral judgment is frequently impacted by growing academic pressure, competition, and exposure to unethical behavior. This study uses a descriptive research design to investigate how Rajyoga meditation helps management students make moral decisions.

The study is based on primary data that was gathered using structured questionnaires that assessed tendencies toward ethical decision-making, emotional control, and self-awareness. The results show that students who consistently engage in Rajyoga meditation have better emotional regulation, greater ethical awareness, and more responsible decision-making tendencies. According to the study's findings, management students' moral ideals and ethical awareness are greatly enhanced by Rajyoga meditation.

**Keywords:** Rajyoga Meditation, Ethical Decision-Making, Descriptive Research, Management Students, Moral Awareness, Emotional Intelligence, Leadership Ethics.

## 1. Introduction

Management students are required to have strong ethical principles in addition to professional abilities in today's competitive environment. Future managers and corporate executives frequently have to make difficult choices that have an impact on workers, companies, and society. Making moral decisions becomes important in such situations.

However, people may occasionally neglect moral principles when making judgments as a result of growing competition, pressure to succeed, and personal goals. As a result, schools are now focusing on how to help students become more responsible and ethical thinkers.

Meditation is a useful technique for developing ethical awareness. Rajyoga meditation, among other meditation techniques, offers a potent method for enhancing moral clarity, emotional equilibrium, and self-awareness. This essay examines how management students can improve their capacity for moral decision-making using Rajyoga meditation.

## 2. Literature Review

Numerous academic fields, including psychology, management, and neuroscience, have explored meditation's potential to improve behavioral and psychological results. The literature on ethical decision-

making, the psychological benefits of meditation, and particularly the role of Rajyoga meditation is reviewed in this section.

### **Understanding Ethical Decision-Making**

Making morally sound and responsible decisions is known as ethical decision-making. It entails taking into account how decisions will affect other people and abiding by values like integrity, justice, accountability, and respect.

Since business decisions regularly impact workers, clients, investors, and society as a whole, ethical decision-making becomes essential in the management profession. It is expected of managers to uphold the integrity of their enterprises.

Future leaders in management must learn to make judgments based on moral principles in addition to financial gain. They can become responsible professionals in the future by building a strong ethical mentality during their schooling.

### **Challenges in Ethical Decision-Making**

Even while ethical principles are essential, many students struggle to put them into practice. Peer pressure, competition, individual interests, and organizational expectations are some of the variables that impact decision-making.

Fear, stress, or outside pressure can sometimes cause people to select a different course of action even when they know what is correct. Making moral decisions can also be impacted by a lack of emotional regulation and self-awareness.

As a result, students require exercises that teach their moral principles and enable them to make crucial decisions with serenity and clarity.

### **Rajyoga Meditation: A Tool for Self-Awareness**

The Brahma Kumaris teach a spiritual meditation technique called rajyoga meditation. "Rajyoga" refers to the "eternal path" of self-mastery. Understanding oneself as a calm and strong soul and thinking positively are the main goals of this meditation.

Rajyoga meditation primarily concentrates on awareness of ideas and connection to the Supreme Source of calm and knowledge, in contrast to some meditation approaches that call for physical activity. Meditation teaches people to be aware of their thoughts and promotes virtues like wisdom, love, peace, and purity. People can consider more carefully before making judgments thanks to this method, which helps the mind become clear and calm.

### **How Rajyoga Meditation Supports Ethical Decision-Making**

Management students' development of ethical thinking is greatly helped by rajyoga meditation. Increased self-awareness is one of its main advantages. People will better understand their motivations and behaviors when they are aware of their thoughts and feelings.

Additionally, meditation enhances mental clarity. A composed and focused mind may examine events more thoroughly and take decisions' long-term effects into account.

The formation of inner values is another significant advantage. Rajyoga meditation promotes virtues like integrity, accountability, empathy, and morality. Ethical behavior occurs naturally when these ideals become ingrained in a person's mental health.

Additionally, meditation lessens emotional strain and tension. People are less prone to act impulsively or unethically when they are composed and emotionally balanced.

**Benefits for Management Students**

Rajyoga meditation has a number of advantages for management students. They become more focused, emotionally stable, and self-assured as a result. Effective leadership requires these attributes. Additionally, students who meditate may become more considerate and accountable in their behavior. They have a broader awareness of achievement and learn to think about how their choices affect other people.

Additionally, meditation promotes a leadership style that is grounded on values. Future managers are more likely to create reliable companies and make valuable contributions to society if they acquire strong ethical beliefs.

**Objectives of the Study**

1. To study ethical decision-making levels among management students
2. To examine the awareness and practice of Rajyoga meditation
3. To analyze the relationship between Rajyoga meditation and ethical decision-making
4. To assess the role of self-awareness in ethical behavior

**Research Methodology**

**Research Design**

The study uses a descriptive research methodology, concentrating on observing and evaluating current behaviors without changing any of the variables.

**Sample**

- **Sample Size: 60 management students**
- **Age Group: 18–25 years**
- **Sampling Technique: Convenience sampling**

**Data Collection Method**

- Primary data collected through structured questionnaires
- Secondary data from journals, books, and articles

**Session Flow (Detailed)**

Time	Session Part	Activity	Details
10 min	Introduction	Ice breaker / Topic Intro	Ask about ethical Dilemmas / Importance of ethics in Management
15 Min	Concept	Explanation / Discussion	Ethical Decision-making concepts / challenges like steer, peer pressure

20 Min	Meditation	Practice/ Guidance	Rajyoga Meditation Steps/ Self Awareness & positive Thinking
15 Min	Activity	Case study	Group Discussion on ethical issue
10 Min	Reflection	Q & A	Share learning & experience
10 Min	Conclusion	Summary	Key Takeaways & application

## Conclusion

Ethical leadership is more important than ever in today's corporate world. Future leaders in management must learn how to make morally and practically sound decisions.

Rajyoga meditation is a useful and simple way to develop inner strength and ethical awareness. Students can enhance their self-awareness, emotional stability, and mental clarity by consistently doing meditation. These qualities enable people to make decisions that are just, accountable, and consistent with moral principles. As a result, integrating Rajyoga meditation into management education can be critical in developing future leaders who are righteous and accountable.

## References

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