An Experimental Study to Assess the Impact of Mediation Therapy on Stress Among Corporate Sector Employees

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***Abstract*—The word stress has its origin in Latin words "strictus" meaning tight or narrow. The root word reflects the internal feelings of tightness and contraction of the muscles and breathing. Stress is a common condition, a response to a physical threat or psychological distress that generates a host of chemical and hormonal reactions in the body. In essence, the body prepares to fight or flee, pumping more blood to the heart and muscles and shutting down all nonessential functions. As a temporary state, this reaction serves the body well to defend itself. When the stress reaction is prolonged, however, the normal physical functions that have in response either been exaggerated or shut down become dysfunctional. Meditation is a practice that involves training the mind to achieve a heightened state of awareness, focus, and inner calm. It is not confined to any specific religious or cultural context but is rather a universal technique that has evolved over centuries. Meditation encompasses a diverse array of methods, from mindfulness meditation, which emphasizes present-moment awareness, to loving-kindness meditation, focused on cultivating compassion. One of the strengths of meditation is its accessibility. It requires no elaborate equipment or specific physical abilities, making it a practice that can be embraced by people of all ages and backgrounds. Whether in the form of guided sessions, Smart phone apps, or community classes, meditation has become increasingly available, allowing individuals to explore and incorporate it into their lives with ease.The purpose of this study is to assess how meditation helps in working corporate sector employees to manage their stress. This study aims to ascertain whether meditation may be a practical way to reduce workplace stress and improve the wellbeing of corporate employees by putting and 4-week meditation intervention into action. Individuals deal with occupational stress in different ways, and the coping methods they choose can influence their job performance. In modern workplaces, many organizations introduce relaxation techniques and wellness programs to improve employees' well-being. To examine how relaxation interventions affect both perceived and physiological stress as well as task performance, this study included a 30-minute intervention within a 2-hour work simulation. Perceived stress levels were measured before and after the intervention, while physiological stress indicators were recorded before, during, and after the intervention. The results indicated that a single 30-minute session of mindfulness meditation may not be sufficient to significantly reduce stress or improve work performance. Objective To assess the level of stress among corporate employees. To find out impact of meditation interventional therapy on level of stress Among corporate sector employees to find out the association between level of stress of corporate employees with selected demographic variable with meditation interventional therapy.**

Methodlogy The present study is aimed to assess the impact of meditation therapy on stress among corporate sector employees. A quantivative research approach with quasi experimental Pre and Post test study approach .one group pretest posttest. 01 and 02 the knowledge before and after the intervention of guided meditation therapy. the population consist all corporate employee of selected corporate office age from 18 to 55 years of age and present on the time of data collection and intervention accessible population is corporate employees in a selected corporate office. probability sampling technique, namely simple random sampling technique. This tool is validated by ten experts; experts are seven from the ficld of nursing, two doctors (cardiologist) a n d one problem, objectives of the study, hypothesis, and criteria for evaluation were sent for validation. statistics. Along with the tool, a request letter, statement of as per expert's opinion on the clarity and appropriateness of the item. initially had ten items.Reliability of tool is calculated by using cronbach's alpha method, which measures the internal consistency of the tool. reliability coefficient obtained is 0.745 which indicate the tool is reliable. Result The stress scores ranged from a minimum score of 0 to a maximum score of 30, and the overall mean post-test stress score

was 19.8286 ± 6.5584, indicating a substantial reduction in stress levels following the intervention. Mean stress score of subjects was 19.8286 ±6. 5584.The comparison of pre-test and post-test stress levels revealed a significant reduction in stress scores following the intervention. The mean pre-test stress score was 32.7429 ± 6.90240 among 70 participants, whereas the mean post-test stress score decreased to 19.8286 ± 6.55848 in the same group. The paired t-test value was 12.549 with 69 degrees of freedom, and the difference was found to be highly statistically significant (P < 0.001)

I. INTRODUCTION

The word stress has its origin in Latin words "strictus" meaning tight or narrow. The root word reflects the internal feelings of tightness and contraction of the muscles and breathing. Stress is a common condition, a response to a physical threat or psychological distress that generates a host of chemical and hormonal reactions in the body. In essence, the body prepares to fight or flee, pumping more blood to the heart and muscles and shutting down all nonessential functions. As a temporary state, this reaction serves the body well to defend itself. When the stress reaction is prolonged, however, the normal physical functions that have in response either been exaggerated or shut down become dysfunctional. Meditation is a popular tool to enhance employee effectiveness, health, and job satisfaction in many organisations different cultures have practised meditation in various forms to connect the mind, body and spirit for hundreds of years. Traditionally, meditation focuses on improving relaxation, creating internal energy and positive feelings such as love, patience, and forgiveness. meditation techniques differ, but commonly include controlled breathing, repetitive phrases (mantra), and visualisations; all forms of meditation share mindfulness and self-awareness skills). A recent systematic review on the effects of mindfulness on stress measures and anxiety showed that meditation associated with decreases in heart rate, blood pressure and cortisol levels, especially in those with more practice and strong focus on breathing.Meditation is a practice that involves training the mind to achieve a heightened state of awareness, focus, and inner calm. It is not confined to any specific religious or cultural context but is rather a universal technique that has evolved over centuries. Meditation encompasses a diverse array of methods, from mindfulness meditation, which emphasizes present-moment awareness, to loving-kindness meditation, focused on cultivating compassion. One of the strengths of meditation is its accessibility. It requires no elaborate equipment or specific physical abilities, making it a practice that can be embraced by people of all ages and backgrounds. Whether in the form of guided sessions, Smart phone apps, or community classes, meditation has become increasingly available, allowing individuals to explore and incorporate it into their lives with ease.The purpose of this study is to assess how meditation helps in working corporate sector employees to manage their stress. This study aims to ascertain whether meditation may be a practical way to reduce workplace stress and improve the wellbeing of corporate employees by putting and 4-week meditation intervention into action.This study aims to examine the role of meditation therapy in managing stress and reducing stress-related disorders. By evaluating the effectiveness of meditation in lowering stress levels and blood pressure, the research intends to highlight how this holistic method can support conventional treatments for hypertension. The outcomes of this study may assist in developing integrative healthcare approaches that give equal importance to mental well-being and medical care.

II. OBJECTIVE

Primary objective

1. To assess the level of stress among corporate employees.
2. To find out impact of meditation interventional therapy on level of stress Among corporate sector employees

Secondary objective

1. To find out the association between level of stress of corporate employees with selected demographic variable with meditation interventional therapy.

III. MATERIALS AND METHOD

The present study is aimed to assess the impact of meditation therapy on stress among corporate sector employees. A quantivative research approach with

quasi experimental Pre and Post test study approach .one group pretest posttest. 01 and 02 the knowledge before and after the intervention of guided meditation therapy. the population consist all corporate employee of selected corporate office age from 18 to 55 years of age and present on the time of data collection and intervention accessible population is corporate employees in a selected corporate office. probability sampling technique, namely simple random sampling technique. This tool is validated by ten experts; experts are seven from the ficld of nursing, two doctors (cardiologist) a n d one problem, objectives of the study, hypothesis, and criteria for evaluation were sent for validation. statistics. Along with the tool, a request letter, statement of as per expert's opinion on the clarity and appropriateness of the item. initially had ten items. Reliability of tool is calculated by using Cronbach's alpha method, which measures the internal consistency of the tool. reliability coefficient obtained is 0.745 which indicate the tool is reliable. The reliability analysis showed a Cronbach's Alpha of 0.826 (standardized alpha = 0.824) for the 10-item scale, indicating good internal consistency. Therefore, the tool is considered reliable and valid for assessing stress among corporate sector employees. This confirms that the questionnaire produces consistent and dependable results for the present study.

IV. RESULT

Section I

Analysis of demographic variables of corporate sector employees.

Frequency and Percentage Distribution of Participants According to Age (in Years)

		Frequency	Percent
Age (in year)	18 – 24 years	26	37.1
	25– 34 years	18	25.7
	35 – 44 years	15	21.4
	45 – 54 years	11	15.7
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Gender

		Frequency	Percent
Gender	Male	37	52.9
	Female	33	47.1
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Qualification

		Frequency	Percent
Qualification	12 th pass	11	15.7
	Graduated	26	37.1
	Post graduate	24	34.3
	Technical skill	9	12.9
	Total	70	100.0

Frequency and Percentag e Distribution of Participants According to Marital Status

		Frequency	Percent
Marital status	Single	25	35.7
	Married	30	42.9
	Separated	11	15.7
	Widowed	4	5.7
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Nature of employment

		Frequency	Percent
Nature of employment	Permanent	19	27.1
	Temporary	22	31.4
	Contractual	15	21.4
	Part time	14	20.0
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Job Position

		Frequency	Percent
Job Position	Jr. Associate	27	38.6
	Sr. Associate	17	24.3
	Contractual	15	21.4
	Part time	11	15.7
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Working hour

		Frequency	Percent
Working hour	6 hours a day	12	17.1
	8 hours a day	35	50.0
	More than 8 hours a day	14	20.0
	Flexible	9	12.9
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Salary per month

		Frequency	Percent
Salary per month	Below 15,000	24	34.3
	15000 – 30,000	25	35.7
	31,000 – 45,000	14	20.0
	Above 45,000	7	10.0
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Tobacco Use Frequency

		Frequency	Percent
How often do you smoke or use tobacco products?	I do not use tobacco	48	68.6
	Rarely	14	20.0
	Occasionally	4	5.7
	Daily	4	5.7
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Alcohol Consumption

		Frequency	Percent
Alcohol consumption	I do not drink alcohol	35	50.0
	I drink occasionally	14	20.0
	I drink moderately	8	11.4
	I drink daily	13	18.6
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Presence of Any Disease

		Frequency	Percent
Any disease	Arthritis	3	4.3
	BP	2	2.9
	Diabetes	2	2.9
	Hypertension	2	2.9
	Migraine	2	2.9
	None	53	75.7
	PCOD	1	1.4
	Spondylitis	1	1.4
	Sugar	3	4.3
	Varicose vein	1	1.4
	Total	70	100.0

Frequency and Percentage Distribution of Participants According to Daily Stress Reduction Activities

		Frequency	Percent
What do you do to reduce daily stress?	Reading book	2	2.8
	Music	4	5.7
	None	61	87.1
	Sports	2	2.9
	Yoga	1	1.4
	Total	70	100.0

Section II

Assessment of pre-test and post-test stress scores among corporate sector employees.

Stress Score (PRE)	Score Range	Level of Stress Score	
		Frequency (f)	Percentage (%)
Minimal level of Stress	0 to 10	1	1.4
Mild level of Stress	11 to 20	2	2.9
Moderate level of Stress	21 to 30	16	22.9
Severe Level of Stress	31 to 40	51	72.9
Minimum Score		0	
Maximum Score		40	
Mean Stress Score		32.7429 ±6.9024	

Distribution of Participants According to Post-test Stress Score Levels (N= 70)

Stress Score (POST)	Score Range	Level of Stress Score	
		Frequency (f)	Percentage (%)
Minimal level of Stress	0 to 10	6	8.6
Mild level of Stress	11 to 20	28	40.0
Moderate level of Stress	21 to 30	36	51.4
Severe Level of Stress	31 to 40	0	0
Minimum Score		0	
Maximum Score		30	
Mean Stress Score		19.8286 ±6.5584	

Section III

Comparison of pre-test and post-test stress scores to determine the effectiveness of meditation therapy.

		Mean	N	Std. Deviation	Std. Error Mean	df	T-test	P-value
Stress Level	Pre	32.7429	70	6.90240	0.82499	69	12.549	<0.001
	Post	19.8286	70	6.55848	0.78389			

Section IV

Association between pre-test stress levels and selected demographic variables of corporate sector employees.

Association Between Age (in Years) and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Age (in years)	18 -24 years	Freq.	2	10	14	26	9.676	0.139
		%	33.3%	35.7%	38.9%	37.1%		
	25 -34 years	Freq.	0	7	11	18		
		%	0.0%	25.0%	30.6%	25.7%		
	35- 44 years	Freq.	4	6	5	15		
		%	66.7%	21.4%	13.9%	21.4%		
	45-54 years	Freq.	0	5	6	11		
		%	0.0%	17.9%	16.7%	15.7%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Gender and Stress Category Among Participants (N= 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Gender	Male	Freq.	3	18	16	37	2.51	0.285
		%	50.0%	64.3%	44.4%	52.9%		
	Female	Freq.	3	10	20	33		
		%	50.0%	35.7%	55.6%	47.1%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Qualification and Stress Category Among Participants (N =70)

			Stress Category			Total	Chi Sq	P- value
			Minimal	Mild	Moderate			
Qualification	12 th Pass	Freq.	1	3	7	11	9.784	0.134
		%	16.7%	10.7%	19.4%	15.7%		
	Graduated	Freq.	5	9	12	26		
		%	83.3%	32.1%	33.3%	37.1%		
	Post Graduate	Freq.	0	10	14	24		
		%	0.0%	35.7%	38.9%	34.3%		
	Technical Skill	Freq.	0	6	3	9		
		%	0.0%	21.4%	8.3%	12.9%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Marital Status and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Marital status	Single	Freq.	1	10	14	25	2.799	0.834
		%	16.7%	35.7%	38.9%	35.7%		
	Married	Freq.	4	12	14	30		
		%	66.7%	42.9%	38.9%	42.9%		
	Separated	Freq.	1	5	5	11		
		%	16.7%	17.9%	13.9%	15.7%		
	Widowed	Freq.	0	1	3	4		
		%	0.0%	3.6%	8.3%	5.7%		

Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Nature of Employment and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Nature of employment	Permanent	Freq.	1	8	10	19	5.249	0.512
		%	16.7%	28.6%	27.8%	27.1%		
	Temporary	Freq.	1	7	14	22		
		%	16.7%	25.0%	38.9%	31.4%		
	Separated	Freq.	2	5	8	15		
		%	33.3%	17.9%	22.2%	21.4%		
	Widowed	Freq.	2	8	4	14		
		%	33.3%	28.6%	11.1%	20.0%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Job Position and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Job Position	Jr. Associate	Freq.	3	10	14	27	2.308	0.889
		%	50.0%	35.7%	38.9%	38.6%		
	Sr. Associate	Freq.	1	9	7	17		
		%	16.7%	32.1%	19.4%	24.3%		
	Contractual	Freq.	1	6	8	15		
		%	16.7%	21.4%	22.2%	21.4%		
	Part time	Freq.	1	3	7	11		
		%	16.7%	10.7%	19.4%	15.7%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Working Hour and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P- value
			Minimal	Mild	Moderate			
Working hour	6 hours a day	Freq.	0	7	5	12	6.024	0.42
		%	0.0%	25.0%	13.9%	17.1%		
	8 hours a day	Freq.	3	15	17	35		
		%	50.0%	53.6%	47.2%	50.0%		
	More than 8 hours a day	Freq.	1	4	9	14		
		%	16.7%	14.3%	25.0%	20.0%		
	Flexible	Freq.	2	2	5	9		
		%	33.3%	7.1%	13.9%	12.9%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Salary per month and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Salary per month	Below 15,000	Freq.	1	11	12	24		
		%	16.7%	39.3%	33.3%	34.3%		

	15000–30,000	Freq.	3	12	10	25	6.571	0.362
		%	50.0%	42.9%	27.8%	35.7%		
	31,000–45,000	Freq.	2	4	8	14		
		%	33.3%	14.3%	22.2%	20.0%		
	Above 45,000	Freq.	0	1	6	7		
		%	0.0%	3.6%	16.7%	10.0%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		
	31,000–45,000	Freq.	2	4	8	14		
		%	33.3%	14.3%	22.2%	20.0%		
	Above 45,000	Freq.	0	1	6	7		
		%	0.0%	3.6%	16.7%	10.0%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Tobacco Use Frequency and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
How often do you smoke or use tobacco products ?	I do not use tobacco	Freq.	4	20	24	48	13.492	0.036
		%	66.7%	71.4%	66.7%	68.6%		
	Rarely	Freq.	0	5	9	14		
		%	0.0%	17.9%	25.0%	20.0%		
	Occasional	Freq.	2	0	2	4		
		%	33.3%	0.0%	5.6%	5.7%		
	Daily	Freq.	0	3	1	4		
		%	0.0%	10.7%	2.8%	5.7%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Alcohol Consumption and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Alcohol Consumption	I do not drink alcohol	Freq.	3	16	16	35	2.438	0.875
		%	50.0%	57.1%	44.4%	50.0%		
	I drink occasionally	Freq.	1	4	9	14		
		%	16.7%	14.3%	25.0%	20.0%		
	I drink moderately	Freq.	1	2	5	8		
		%	16.7%	7.1%	13.9%	11.4%		
	I drink daily	Freq.	1	6	6	13		
		%	16.7%	21.4%	16.7%	18.6%		
Total		Freq.	6	28	36	70		
		%	100.0%	100.0%	100.0%	100.0%		

Association Between Presence of Any Disease and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
Any Disease	Arthritis	Freq.	0	1	2	3	11.765	0.859
		%	0.0%	3.6%	5.6%	4.3%		
	BP	Freq.	0	1	1	2		
		%	0.0%	3.6%	2.8%	2.9%		
	Diabetes	Freq.	1	0	1	2		

	%	16.7%	0.0%	2.8%	2.9%
Hypertension	Freq.	0	1	1	2
	%	0.0%	3.6%	2.8%	2.9%
Migraine	Freq.	0	0	2	2
	%	0.0%	0.0%	5.6%	2.9%
None	Freq.	5	23	25	53
	%	83.3%	82.1%	69.4%	75.7%
PCOD	Freq.	0	0	1	1
	%	0.0%	0.0%	2.8%	1.4%
Spondylitis	Freq.	0	0	1	1
	%	0.0%	0.0%	2.8%	1.4%
Sugar	Freq.	0	2	1	3
	%	0.0%	7.1%	2.8%	4.3%
Varicose vein	Freq.	0	0	1	1
	%	0.0%	0.0%	2.8%	1.4%
	Freq.	6	28	36	70
	%	100.0%	100.0%	100.0%	100.0%

Association Between Daily Stress Reduction Activities and Stress Category Among Participants (N = 70)

			Stress Category			Total	Chi Sq	P-value
			Minimal	Mild	Moderate			
What do you do to reduce daily stress?	Reading Book	Freq.	1	0	1	2	18.987	0.04
		%	16.7%	0.0%	2.8%	1.4%		
	Music	Freq.	0	1	3	4		
		%	0.0%	3.6%	8.3%	5.7%		
	None	Freq.	4	27	30	61		
		%	66.7%	96.4%	83.3%	87.1%		

			Stress Category	Total		
			Minimal	Mild	Moderate	
What do you do to reduce daily stress?	Reading Book	Freq.	1	0	1	2
		%	16.7%	0.0%	2.8%	1.4%
	Music	Freq.	0	1	3	4
		%	0.0%	3.6%	8.3%	5.7%
	None	Freq.	4	27	30	61
		%	66.7%	96.4%	83.3%	87.1%
	Sports	Freq.	1	0	1	2
		%	16.7%	0.0%	2.8%	2.9%
	Yoga	Freq.	0	0	1	1
		%	0.0%	0.0%	2.8%	1.4%
		Freq.	6	28	36	70
		%	100.0%	100.0%	100.0%	100.0

V. CONCLUSION

The pre-intervention stress score distribution revealed that the majority of participants experienced a severe level of stress (score range 31–40), with 51 participants (72.9%) falling into this category. This was followed by those with a moderate level of stress (score range 21–30), comprising 16 participants (22.9%). Only a small proportion reported mild stress (score range 11–20), with 2 participants (2.9%), while the least number of participants showed a minimal level of stress (score range 0–10), accounting for 1 participant (1.4%). The stress scores ranged from a minimum score of 0 to a

maximum score of 40, and the overall mean pre-test stress score was 32.7429 ± 6.9024, indicating that most participants had high stress levels before the intervention. The post-intervention stress score distribution showed a marked improvement in stress levels among the participants. More than half of the respondents experienced a moderate level of stress (score range 21–30), with 36 participants (51.4%). This was followed by those with a mild level of stress (score range 11–20), comprising 28 participants (40.0%). A smaller proportion reported a minimal level of stress (score range 0–10), with 6 participants (8.6%). Notably, no participants (0%) remained in the severe stress category (score range 31–40) after the intervention. The stress scores ranged from a minimum score of 0 to a maximum score of 30, and the overall mean post-test stress score was 19.8286 ± 6.5584, indicating a substantial reduction in stress levels following the intervention. The comparison of pre-test and post-test stress levels revealed a significant reduction in stress scores following the intervention. The mean pre-test stress score was 32.7429 ± 6.90240 among 70 participants, whereas the mean post-test stress score decreased to 19.8286 ± 6.55848 in the same group. The paired t-test value was 12.549 with 69 degrees of freedom, and the difference was found to be highly statistically significant ($P < 0.001$). This indicates that the intervention was effective in significantly lowering the stress levels of the participants.

ACKOWLEDGEMENT

I express my profound respect for Principal Dr. Rupa Verma, MKSSS, Sitabai Nargundkar College of Nursing for Women, Nagpur, for her visionary leadership, administrative support, and for fostering a scholarly environment that inspires excellence in nursing research.My deepest sense of appreciation is reserved for my Research Guide, Ms. Smita Moon (HOD, Medical-Surgical Nursing, CVTS Dept.), whose boundless guidance and clinical expertise served as my North Star. I am sincerely indebted to Mrs. Priyanka Kosare and Mrs. Kamini Sao (HOD, Research Department, MKSSS, SNCON, Nagpur) for their timely motivation and eagle-eyed supervision in ensuring the methodological rigor and ethical standards of this study.I extend my heartfelt gratitude to Mrs. Rama Danapure (HOD, CHN Department), our Class Coordinator and mentor in finals, her meticulous planning and organizational brilliance were the bedrock that allowed this research to flourish within its timeframe. Beyond her strict discipline, her willingness to extend support outside the academic realm has been a profound source of motivation, proving her mentorship is as compassionate as it is precise.I would like to express my heartfelt gratitude to my meditation coach Mr kunal singh Chauhan (Art of living) for their invaluable guidance, constant encouragement, and inspiring teachings throughout this research journey. My sincere thanks to Mr. ISHAN NIKHAR (Manager operations, I TRADE EXIM Nagpur) for their kind cooperation in granting formal permissions and co-operation to conduct pilot study, which was the backbone of my data collection.On a personal note, I am eternally grateful to my parents, Mr. Chandrashekhar and Mrs.chetna shukla, for being my emotional anchor. Her presence, care, and unconditional love provided the warmth I needed to survive this gruelling journey. Thankful to my sister's constant support in all ups and down, for their constant prayers and motivation.I am eternally grateful to my In laws, Mr. Prakash and Mrs.jyoti zade , for being my emotional anchor. Her presence, care, and unconditional love provided the warmth I needed to survive this gruelling journey. Thankful to my sister's constant support in all ups and down, for their constant prayers and motivation.I extend my fullest gratitude to my dearest soulmates Mr Kunal Prakashrao zade for his extreme love and unwavering support at every crucial step of my life.

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