

“Jai Guru Dev”

# Effect of Vedic Chanting (Homas, Yagyas, Meditation) on crime rate (Oct 2011)

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The Art of Living

**Abstract-** Every sound generated in this universe has great impact on human body and its surroundings. Ancient sages; through power of meditation had found the benefits of various chants and its impact on the surroundings. Vedic Chantings (Homas, Yagyas, Meditation) leads to healthy body, mind and soul which is more in sync with law of nature. Today there are meditation, chantings been performed for holistic growth of human and nature. This was studied by analyzing crime registrations in four zones of Mumbai. The study has shown that Vedic chants reduce crime rate.

**Keywords- Crime** - an action or an instance of negligence that is deemed injurious to the public welfare or morals or to the interests of the state and that is legally prohibited, **Navratri** – Festival of lord Durga celebrated for 9 days in India, **Sattva** – positive vibes and energy, **Vedic Chanting** - Homas, Yagyas, Meditation

## I. INTRODUCTION

There is negativity spread all over the planet, mainly due to change in lifestyle, global warming, pollution and the rising population. Due to excessive working hours, unemployment, competition and corruption a common man falls prey to depression, anxiety, helplessness, leading to violence betrayal of trust, loss of brotherhood in the family and society etc.

Our ancient rishis and yogis used to chant mantras and perform various pujas, to eradicate negativity from the surroundings. This ancient technique, which when followed as per the rites and rituals of the vedic culture, brings positivity in the environment. The environment includes all the living beings in the cosmos. Each and every small organism is influenced by the chanting and the vibrations created in the space. The positive energy in the surrounding increases, leading to more of peace and non-violence and an up-liftment in thoughts, work, health and reduction of stress in individuals and society.

Meaning of Navratri: Nava' means 'nine' and 'Ratri' is made up of 'Ra', which also means 'night' and 'Tri' meaning the 'the three aspects of our life – the Body, the Mind and the Soul. So 'Navratri' means 'giving rest to all the three aspects of our life, for nine days'.

Each day during Navratri has special implications: yagyas, pujas and homas are performed. Among the things offered to the fire are hundreds of different herbs, fruits, garments, and mantras, all creating a gloriously divine atmosphere to drown in. The significance of Vedic Chanting (Homas, Yagyas, Meditation): These are not for the sages, who perform them, but

for the entire Universe, for all the misery, sorrow, and pain in the world. The blessings of the yagyas and pujas teach the whole of humanity and a lot of good comes out of these – peace, strength, prosperity, success and faith.

## II. LITERATURE REVIEW

There is research conducted on effects of various vedic chantings on intellect. It was concluded that vedic chanting showed significant increase scoring in both the memory tests and considerable reduction in total error and total time taken for cancellation tests compared to non-chanting practitioners (Sripad Ghaligi<sup>1</sup>, H.R. Nagendra & Ramachandra Bhatt, 2006).

Every one attending to such Homas, Yagyas, Meditation (Vedic Chanting) before has given a review that they experience peace of mind, there is more relaxation which gives a feeling of something settling within, experiencing meditative state of mind. They have experienced decrease in illness and more of positive energy within. However, there is no specific research conducted which studies and proves to have reduced the crime rate due to Vedic chanting (Homas, Yagyas, Meditation).

## METHODOLOGY

The data as made available by Assistant Commissioner of Police (ACP), West Region, Mumbai, record of the crimes in the zones of Bandra Kurla Complex, Kherwadi, Bandra and Mahim for the above mentioned dates has been used.

## TYPE OF RESEARCH

This is an ex-post facto research. As the variables tested are assumed to have relation among themselves. Researcher can only report on what is happened. The aim is to look for patterns, hypotheses or ideas that can be tested and will form the basis for further research and betterment for society.

## STUDY DESIGN

The objective of this study is to demonstrate the effect of Vedic Chanting (Homas, Yagyas, Meditation) on crime rate. It is opinionated that attending pujas and homas bring in high level of sattva or positive energy in self and surroundings thereby reduction in crime will be seen.

Zone Data: The data was collected as per that given by the Assistant Commissioner of Police research cell. The Mumbai Police has designed format for recording the crime rate for the

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entire Brihan Mumbai. On the basis of the format; the following zones were selected as sample for study namely Bandra Kurla Complex, Kherwadi, Bandra and Mahim. The Zone, where the chanting was performed was the Bandra zone.

**HYPOTHESES**

Vedic Chanting (Homans, Yagyas, Meditation) reduce the crime rate during the period it is performed.

Independent Variable: The period chosen: previous to the Navratri week, during Navratri and after the Navratri week.

Dependent Variable: The crime rate for the period prior to Navratri, During Navratri and after Navratri is chosen.

**PLACE OF CONDUCTING RESEARCH**

Mumbai, Maharashtra, India.

The vedic chants are performed in Mumbai 2011, Bandra Kurla Complex zone during the Navratri period. Thus four surrounding zones from Mumbai are selected namely Bandra Kurla Complex, Kherwadi, Bandra and Mahim for the concentric evaluation of research.

**DATA COLLECTION**

Data was collected from the Mumbai police website and Assistant Commissioner of Police, West Region Bandra and Mahim region.

**DATES CHOSEN FOR RESEARCH**

Data for the year 2011 - previous to the Navratri week (19.09.2011 – 25.09.2011), during Navratri (average of the two weeks – 26.09.2011 – 02.10.2011 and 03.10.2011 - 09.10.2011) and after the Navratri week (10.10.2011 – 16.10.2011) is considered.

During Navratri Dates for data:

The festival of Navratri was held from 26<sup>th</sup> September 2011(Wednesday) to 5<sup>th</sup> October 2011 (Wednesday). For research; average of data of the following two weeks specifically, from Monday to Sunday 26<sup>th</sup> September 2011 – 2<sup>nd</sup> October 2011 (2<sup>nd</sup> week) and 3<sup>rd</sup> October 2011 to 9<sup>th</sup> October 2011 (3<sup>rd</sup> week) is considered as Navratri week.

**III. RESEARCH AND FINDINGS**

Data was run through the Chi-square test. Since the calculated value was found to be 0.57 which was lesser than table value of 5.99, thus, null hypothesis was accepted at 5% level of significance.

Table 1: Details of Week considered for research

Abbreviation: R - Registered Crime O=Observed E=Expected			
Week 1	Week 2	Week 3	Week 4
19.09.11 to 25.09.2011	26.09.2011 to 02.10.2011	03.10.2011 to 09.10.2011	10.10.2011 to 16.10.2011

Table 2: Period considered and No. of crime registered

Period considered	(Pre - event) Week 1	(During event) Week 2&3	(Post - event) Week 4
No. of crime registered	26	31	31

$$\begin{aligned}
 \text{Expected Frequency} &= \text{Sum of week 1} + \text{Week 2\&3} + \text{Week 4} / 3 \\
 &= 26+31+31/3 \\
 &= 88/3 \\
 &= \mathbf{29.33}
 \end{aligned}$$

Computation

Ho = Homas, Yagyas, Meditation (Vedic Chanting) reduce the crime rate during the period it is performed

H1 = Homas, Yagyas, Meditation (Vedic Chanting) does not reduce the crime rate during the period it is performed

Table 3: Calculation of observed and expected frequency

Period	O	E	O-E	(O-E) <sup>2</sup>	(O-E) <sup>2</sup> /E
1	26	29.3	-3.33	11	0.38
2	31	29.3	1.67	3	0.10
3	31	29.3	1.67	3	0.10
	88	88			<b>0.57</b>

$\chi^2 = \text{Sumation } (O-E)^2/E = 0.57$

$df = 3 - 1 = 2$

table value at 5% for 2 df = 5.99

Since the calculated value = 0.57 is lesser than table value of 5.99, null hypothesis is accepted at 5% level of significance.

The results show that vedic chants reduce crime rate.

**Details of the calculations has been mentioned in the Annexure**

In addition to the data collected the public opinion was summed up to:

- i. During any festival where there are masses of people the Police security is increased; Inorder to avoid adverse conditions there are many rules set prior to any public event. This is helps the police to maintain discipline among the crowd; leading to decrease in crime.
- ii. People have become more aware and avoid going to places where there are mishaps likely to happen.
- iii. People who attended meditations and various vedic chants experienced happy and meditative state of mind, they felt light, positive towards life and their goals and experienced more productive in their routine life. They became more inclined towards doing work for betterment of themselves their family members and their society.

IV. CONCLUSION

The data collected shows that there is reduction of crime, during the period of Navratri when the vedic chants are performed.

Generally, Navratri is associated with Garba or Dandiya; a festival celebrated at night and chances are high for a greater

number of mishaps to take place, due to there being more people around the city, outside their homes, at night. However, the data collected shows that there were less crimes reported during the Navratri period for the selected sample zones. Thus, it is proved that Vedic Chants reduce crime rate during the period it is performed.

LIMITATIONS

The crimes which are registered only are taken into consideration.

RECOMMENDATIONS

The results prove that vedic chants reduce crime rate, thus, to maintain the impact of positivity in the surrounding these chants should take place more frequently.

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