



Annex:

- **Questionnaire** From Sheelu Sagar, Ph. D Scholar Amity University, Noida, Uttar Pradesh
- **Objective:** To investigate the effects of Gayatri Mantra on Wellness and in lowering of Stress level in Working and Non-Working Women during Pregnancy Period of First Trimester.
1. Your education level is:
 - Undergraduate
 - Graduate
 - Post Graduate
 2. How stressed do you feel on a daily basis during this time ? (1-10 are stress level)
1 2 3 4 5 6 7 8 9 10
 3. What are the usual causes of stress in your life? (Select all that apply)
 - Financial issues
 - Studies issues
 - Family issues
 - Friend's issues
 - Work (job-related) issues
 - Health Related Issues
 - Any other
 4. What are the usual Behavioral effects of stress you've noticed in yourself? (Select all that apply)
 - Change in activity levels
 - Decreased efficiency and effectiveness
 - Difficulty communicating
 - Irritability, outbursts of anger, frequent arguments
 - Inability to rest, relax or let down
 - Change in eating habits
 - Avoidance of activities or places that trigger memories
 5. What are the usual Psychological or Emotional effects of stress you've noticed in yourself? (Select all that apply)
 - Feeling heroic, euphoric or invulnerable
 - Anxiety or fear
 - Worry about safety of self or others
 - Feeling overwhelmed, helpless or hopeless
 - Sadness, moodiness, grief or depression
 - Restlessness
 - Feeling isolated, lost, lonely or abandoned
 - Feeling misunderstood or unappreciated
 - Other
 6. What are the usual social effects of stress you've noticed in yourself? (Select all that apply)
 - Withdrawing or isolating from people
 - Difficulty listening
 - Difficulty in giving or accepting support or help
 - Impatient with or disrespectful to others
 - None of the Above
 - Other

7. What are your personal methods to relieve stress? (Select all that apply)
- Reading Books
 - Listening to Music
 - Chanting Mantra
 - Eating
 - Sleeping
 - Drugs
 - Sports / Exercise
 - Talking with someone
 - Shopping
 - Social Media
 - Other
8. What are the most pressing stress factors in your current phase of life ? Select all that apply.
- Workload
 - Lot of domestic responsibilities
 - Financial pressure
 - Life balance between office and home
 - Relationship with office colleagues
 - Relationship with family members
9. Do you Practice Yoga ?
- Yes
 - No
10. Do you see yourself involved in spirituality?
- Involved as minimal or casual
 - Involved with ideas and practices
 - Deeply involved with ideas and practices
 - I provide spiritual guidance, coaching / therapies
11. Do you practice meditation or some other form of spiritual technique?
- Often
 - Regularly
 - Sometimes
 - Rarely
 - Never
12. I prefer chanting of Gayatri Mantra in morning before I eat my breakfast
- Strongly Agree
 - Strongly Disagree
 - Natural
13. Almost all the religions and faiths globally may achieve healthy body, mind and soul, through the practice of some technique of meditation.
- Yes I very much agree
 Yes I agree
 Neutral Cannot say
 No I disagree
 No I totally disagree

14. How much do you practice Gayatri Mantra in terms of number and time .
- 108 times 5 Minutes
 - 648 times 30 Minutes
 - 1296 times 01 hour
 - Nil
15. Since How long have you have being practicing Gayatri Mantra ?
- Over 2 Years
 - Less than 1 year
 - I have recently started this practice
 - I have never done this practice
16. How do you feel after Chanting or listening to Mantra ?
- Very Happy and very satisfied
 - Happy somewhat satisfied
 - Neutral
 - Unhappy and unsatisfied
 - Very unhappy and unsatisfied
17. Do you think that for maximum result of Meditation time should be early Morning
- Agree
Somewhat agree
Disagree
Neutral
18. How happy are you at your workplace?
- Very happy at workplace
 - Somewhat Happy
 - Neutral
 - Very Unhappy
 - Unhappy
19. Are you satisfied with the career growth in your organization?
- Very Satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Dissatisfied

➤ **PGI General Well-being Scale**

(Dr. Snatosh K. Verma & Ms. Amita Verma,)

PGI General Well-being Measure (Dr. Snatosh K. Verma & Ms. Amita Verma, Dr. Santosh K. Verma & Ms. Amita Verma developed the PGI General Well-being Measure. General well-being defined and conceptualized, the general well-being may show some degree of positive correlation with quality of life, job satisfaction/ general satisfaction level, sense of achievement etc. and negative related with neuroticism, psychoticism, and other such variables. It consists with 20 items to be enclosed in yes (This can be self administered or can be verbally answered also. Items are such that they do not cause any embarrassment to the subject in the presence of others. This scale is available in Hindi language too. The authors of Hindi medium are (Moudgil, Verma, Kaur and Kaur, 1986). A score of 1 is given for 'yes' and 0 for 'no' response. Thus the range of scores may vary from 0 to 20. High score indicate better well-being. Test-retest reliability was measured by K.R.-20 formula and was found to be .98 (Verma and Verma, 1989) while test re-test reliability was .91 for English Version and .86 for Hindi version (Moudgil et al. 1986).

PGI GENERAL WELL BEING MEASURE
S.K. Verma & Anil Verma

Name: _____
Age: _____ Sex: _____
Address: _____

Instruction: How do you feel these days (past one month)? Kindly tick (✓) in the cell against each item which is applicable to you.

- 1. In good spirits.
- 2. In firm control of behaviour and feelings.
- 3. Fairly happy in personal life.
- 4. Interested in life a good bit of the time.
- 5. Sleeping fairly well.
- 6. Feeling emotionally stable a good bit of the time.
- 7. Feeling relaxed most of the time.
- 8. Feeling energetic most of the time.
- 9. Feeling cheerful most of the time.
- 10. Not bothered by nervousness.
- 11. Not bothered by anxiety or worry.
- 12. Not easily tired.
- 13. Not bothered by stress or pain.
- 14. Not feeling depressed or dejected.
- 15. Feeling satisfied with life in general.
- 16. Not easily irritated most of the time.
- 17. Feeling useful, wanted.
- 18. Feeling productive, creative.
- 19. Having a sense of belongingness.
- 20. Being in good health.

PGI GENERAL WELL BEING MEASURE
S.K. Verma & Anil Verma

नाम: _____
उम्र: _____ लिंग: _____
पता: _____

निर्देश - पिछले एक महीने में आप अधिकांश वक़्त अनुभव करते हैं? कृपया उहाँ भी कृपया आप पर लागू हो उहाँको चकते कते चकते में कही कत चिह्न (✓) अवतते।

- 1. मन अरुणित तत।
- 2. अपने मन और कतवत पर तुन नियंत्रण तत।
- 3. कतवतत जीवन में कतही अरुण तत।
- 4. चिन्तते में अधिकांश तितरतते कतते ततते।
- 5. नींद ठीक तत।
- 6. मन अरुण तत तत।
- 7. अधिकांशतः अरुण ते तत।
- 8. अधिकांशतः नरुणित कते तत।
- 9. अधिकांशतः मन सुख तत।
- 10. मन में कतई अरुण तत तत।
- 11. मन में तितर तत तत।
- 12. कतई कतवत तत तुन।
- 13. कतवत पर तत ते तितर तत तत।
- 14. मन अरुण तत तत।
- 15. अपने तितरतते सुखतत ततते।
- 16. कतई सुख तत अरुण।
- 17. अरुण तत और तुन ते अरुण ततत तततु कतते तत।
- 18. कतवत कतते में तितर अरुण ते ते अरुण तत तत।
- 19. अपने तत कतवत पर कतवतुन अरुण कतवत।
- 20. तितर अरुण तत।

➤ **Consent to take part in Research**

Topic: Holistic Health Management through Vedic Processes.||

I.....Age Years voluntarily agree to participate in this research Study for my Wellness through Recitation & Meditation of Vedic Mantra (Gayatri Mantra) during my Maternity Period

I agree to participate in the research study. I understand the purpose and nature of this study and I am participating voluntarily. I understand that I can withdraw from the study at any time, without any penalty or consequences.

- a) Yes
- b) NO.

I grant permission for the data generated from this interview to be used in the researcher’s publications on this topic. a) Yes b) No

Signature of research participant

DATE:

Signature of researcher

I believe the participant is giving informed consent to participate in this study Date:

➤ **Data set**

➤ **Data set-1** URL-- https://data.world/afterschool/teen-stress-mental-health-poll-on-after-school/workspace/file?filename=mental_health_poll_updated.csv

Data set-2 URL-- <https://data.world/vizzup/mental-health-depression-disorder-data>

➤ **Mental health Depression disorder Data** - dataset by vizzup | data.world Mental health Depression disorder Data.

➤ **Questions asked**

- How often are you stressed?
- What stresses you out the most?
- What are you most likely to do with you're stressed?
- What resources do you use to help?

The Data Set collected by Stress Questionnaire applied is given as below: Mental Health Pole Updated

It consists of the Poll Survey of Different Cities of USA on different Stress Parameters Such 136161 Data was collected through Survey, Sample is given below

Question	Event Category	Region	City	Rows Available (Data)
How often are you stressed	All the time	Michigan	Interlochen	16102
What resources do you use to help	Apps/Online	Texas	Weatherford	14135
What are you most likely to do when you're stressed	Drugs/Drinking	Vermont	South Burlington	11115
How often are you stressed	Never	Texas	Houston	13245
What are you most likely to do when you're stressed	Nothing Q3	Colorado	Ken Caryl	8345
What resources do you use to help	Nothing Q4	Missouri	Jefferson City	7654
What stresses you out the most	Other	Alabama	Birmingham	5467
What are you most likely to do when you're stressed	Other Q3	New York	New York	5678
What resources do you use to help	Other Q4	Connecticut	Fairfield	11234
What stresses you out the most	Parents	North Carolina	Black Mountain	9672
How often are you stressed	Rarely	Connecticut	Fairfield	2356
What stresses you out the most	Relationships	South Carolina	Saint George	3487
How often are you stressed	Sometimes	Maine	South Portland	8736
What are you most likely to do when you're stressed	Talk to Friends	Minnesota	Minneapolis	4598
What stresses you out the most	Teachers	Utah	Holladay	1569
What are you most likely to do when you're stressed	Work-out	New York	Bedford	3672

Prevalence by Mental and Substantial Dataset Country wise, year wise Consists of Dataset on different Parameters given below

Such 3809 dataset was collected.

Entity	Code	Year	Schizophrenia (%)	Bipolar disorder (%)	Eating disorders (%)	Anxiety disorders (%)	Drug use disorders (%)	Depression (%)	Alcohol use disorders (%)
India	IND	1990	0.2616	0.552	0.10502	3.323845	0.486659	3.758695	1.372084
India	IND	1991	0.2617	0.552	0.10539	3.32182	0.4810616	3.804294	1.387638
India	IND	1992	0.2617	0.552	0.10595	3.31953	0.4776849	3.844711	1.4039
India	IND	1993	0.2618	0.552	0.10665	3.317123	0.475732	3.877968	1.41687
India	IND	1994	0.2618	0.552	0.10738	3.314811	0.4749155	3.903063	1.42781
India	IND	1995	0.2618	0.552	0.10823	3.312676	0.47486	3.917893	1.434582
India	IND	1996	0.2618	0.553	0.10924	3.308029	0.4780443	3.92294	1.445345
India	IND	1997	0.2618	0.553	0.11059	3.299918	0.48498	3.922614	1.464851
India	IND	1998	0.2618	0.553	0.11208	3.291036	0.4938186	3.920098	1.486882
India	IND	1999	0.2618	0.553	0.1137	3.284052	0.5009493	3.918082	1.505249
India	IND	2000	0.2618	0.553	0.11526	3.281728	0.503817	3.920528	1.513665
India	IND	2001	0.2619	0.553	0.11683	3.284843	0.5035166	3.932223	1.512145
India	IND	2002	0.262	0.553	0.11856	3.291147	0.503091	3.95214	1.506253
India	IND	2003	0.2621	0.553	0.12037	3.298745	0.5026132	3.972797	1.497945
India	IND	2004	0.2623	0.553	0.12222	3.305828	0.5020766	3.98767	1.489245
India	IND	2005	0.2624	0.554	0.12411	3.310625	0.5019264	3.990432	1.482164
India	IND	2006	0.2626	0.554	0.12623	3.309677	0.501492	3.939382	1.451934
India	IND	2007	0.2629	0.554	0.12859	3.303176	0.5002222	3.826047	1.386798
India	IND	2008	0.2633	0.554	0.13116	3.294631	0.4990747	3.691869	1.308256
India	IND	2009	0.2635	0.555	0.13384	3.287489	0.4991235	3.577715	1.237784
India	IND	2010	0.2637	0.555	0.13647	3.285098	0.500672	3.5259	1.196834
India	IND	2011	0.2636	0.555	0.1391	3.286323	0.5032338	3.520174	1.178418
India	IND	2012	0.2632	0.555	0.14189	3.287912	0.5060623	3.51598	1.161647
India	IND	2013	0.2625	0.556	0.14487	3.289877	0.5093286	3.5134	1.147224
India	IND	2014	0.2616	0.556	0.14794	3.292164	0.5130284	3.513171	1.135894
India	IND	2015	0.2605	0.556	0.15115	3.294846	0.5172565	3.515554	1.12836
India	IND	2016	0.2593	0.557	0.15444	3.298067	0.5220723	3.520805	1.1258
India	IND	2017	0.2579	0.557	0.15776	3.301939	0.527417	3.529853	1.12667

Depression by Level of Education Data

Country wise and Year wise on different parameters such 27 countries were covered as below.

Entity	Code	Year	All levels (active) (%)	All levels (employed) (%)	All levels (total) (%)	Below upper secondary (active) (%)	Below upper secondary (employed) (%)	Below upper secondary (total) (%)	Tertiary (active) (%)	Tertiary (employed) (%)	Tertiary (total) (%)	Upper secondary & post-secondary non-tertiary (active) (%)	Upper secondary & post-secondary non-tertiary (employed) (%)	Upper secondary & post-secondary non-tertiary (total) (%)
Austria	AUT	2014	6.5	4.7	7.7	15.5	9	15.2	4.3	3.5	5.5	5.5	4.2	6.7
Belgium	BEL	2014	5	4.1	7.1	7.1	4.8	11.6	3.7	3.3	4.2	5.7	5	7.5
Czech Republic	CZE	2014	3	2.6	4	2.1	2.5	6	1.7	1.7	2	3.5	3	4.4
Denmark	DNK	2014	6.7	5.7	8.3	10.4	6.5	15.5	5.7	4.7	6.7	7.4	6.9	8.8
Estonia	EST	2014	3.8	3.8	5.1	4.7	4.7	6.4	3.6	3.6	4.3	3.7	3.8	5.2
Finland	FIN	2014	8.5	7.2	10.7	7.4	3.1	14.4	7.4	6.7	8.9	10.9	9.2	13.2
France	FRA	2014	5.2	4.7	6.3	7.7	7.1	9.4	4.2	4	4.9	4.9	4.3	5.7
Germany	DEU	2014	10.3	9.6	11.6	14.4	12.4	17	8.2	7.9	8.9	11.4	10.6	12.5
Greece	GRC	2014	2.8	2.2	3.6	4.2	2.9	5.4	2	1.6	2.4	2.9	2.7	3.4
Hungary	HUN	2014	2.8	2.2	4.7	6.5	6.2	10.3	2	1.6	2.8	2.6	2.1	4.2
Iceland	ISL	2014	10.7	10.5	14.4	14.2	13.5	22.5	8.5	8.5	9.5	12.1	11.7	15.7
Ireland	IRL	2014	11.2	9.4	12.3	21.3	17.1	22.9	8.7	8	9	11.4	9.4	11.6
Italy	ITA	2014	2.9	2.2	3.9	4	3	5.3	1.9	1.5	1.9	2.6	2.1	3.3
Latvia	LVA	2014	7	6.2	8.6	6.9	5.8	13.3	6.6	5.8	7.3	7.3	6.5	8.7
Lithuania	LTU	2014	2.1	1.7	3.7	5.5	7.4	10.1	1.4	1	1.4	2.8	2.4	4.7
Luxembourg	LUX	2014	9.1	8.2	10.2	13.3	11.3	15.1	5.1	4.8	6.1	12.2	10.9	12.3
Netherlands	NLD	2014	5.7	4.9	8.6	7.5	6.1	13.8	3.5	2.8	4.5	6.8	6.2	9.1
Norway	NOR	2014	4.8	4.4	7.6	10.2	8.6	14.2	3.1	2.9	4.2	4.8	4.7	8.1
Poland	POL	2014	2.9	2.5	4.1	3.4	2.9	6.3	2.4	2.2	2.9	3.1	2.7	4.2
Portugal	PRT	2014	9.5	8	11	11.8	9.7	13.6	5.9	5.2	6.7	8.1	7.7	8.3
Slovak Republic		2014	2.6	2.1	4.2	5.7	5.1	8.9	1.8	1.6	2.1	2.6	2.2	4.4
Slovenia	SVN	2014	7.6	6	8.4	12.3	10.2	12.6	6.2	5.8	6.6	7.1	5.4	7.7
Spain	ESP	2014	5.5	4.1	7.1	7.5	5.2	9.7	3.3	2.7	3.5	5.8	5.1	7.1
Sweden	SWE	2014	8.4	8	9.9	8.8	8.2	11.4	7.9	7.8	9	9.2	8.7	10.6
Turkey	TUR	2014	10.2	9.6	12.5	10.5	10	13.3	9.1	8.2	9.5	12.9	12.5	12.5
United Kingdom	GBR	2014	7.4	6.3	9.9	11	8.1	15.2	5.7	5.3	7.1	8.3	7.1	10.7

Prevalence of Depression by Age, Data set.

Country wise and year wise sample data on different parameters has been produced below and such 6468 dataset was collected.

Entity	Code	Year	20-24 years old (%)	10-14 years old (%)	All ages (%)	70+ years old (%)	30-34 years old (%)	15-19 years old (%)	25-29 years old (%)	50-69 years old (%)	Age-standardized (%)	15-49 years old (%)
Afghanistan	AFG	1990	4.42	1.595	3.219	5.23	5.799	3.456	5.18	5.92	4.072	4.94
Afghanistan	AFG	1991	4.43	1.588	3.2	5.193	5.815	3.452	5.18	5.93	4.08	4.9
Afghanistan	AFG	1992	4.45	1.578	3.157	5.177	5.83	3.435	5.16	5.95	4.088	4.84
Afghanistan	AFG	1993	4.46	1.577	3.121	5.167	5.853	3.42	5.15	5.97	4.096	4.81
Afghanistan	AFG	1994	4.46	1.571	3.082	5.158	5.853	3.425	5.15	5.98	4.1	4.84
Afghanistan	AFG	1995	4.46	1.575	3.04	5.158	5.836	3.423	5.16	5.99	4.104	4.87
Afghanistan	AFG	1996	4.44	1.575	2.995	5.157	5.828	3.422	5.17	6	4.108	4.9
Afghanistan	AFG	1997	4.43	1.571	2.953	5.158	5.813	3.421	5.18	6	4.111	4.94
Afghanistan	AFG	1998	4.42	1.576	2.916	5.159	5.812	3.42	5.19	6.01	4.114	4.99
Afghanistan	AFG	1999	4.42	1.575	2.878	5.163	5.817	3.418	5.17	6.02	4.118	5.03
Afghanistan	AFG	2000	4.42	1.576	2.847	5.17	5.824	3.428	5.16	6.02	4.119	5.07
Afghanistan	AFG	2001	4.42	1.581	2.827	5.175	5.84	3.435	5.15	6.02	4.121	5.11
Afghanistan	AFG	2002	4.43	1.585	2.823	5.182	5.841	3.432	5.12	6.03	4.125	5.12

Prevalence of Depression on males Datasets.

Country wise and year wise sample data on different parameters has been produced below and such 47808 dataset was collected.

Entity	Code	Year	Prevalence in males (%)	Prevalence in females (%)	Population
Greenland	GRL	1990	4.703362025	8.151786	56000
Greenland	GRL	1991	4.765410459	8.267927	56000
Greenland	GRL	1992	4.821883354	8.376009	56000
Greenland	GRL	1993	4.866115301	8.458938	56000
Greenland	GRL	1994	4.894211277	8.515622	56000
Greenland	GRL	1995	4.905162682	8.537801	56000
Greenland	GRL	1996	4.901353295	8.535388	56000
Greenland	GRL	1997	4.890719778	8.527468	56000
Greenland	GRL	1998	4.874543958	8.513516	56000
Greenland	GRL	1999	4.856441338	8.499266	56000
Greenland	GRL	2000	4.84433119	8.480171	56000

Suicide Rates vs. Prevalence of Depression Disorder rates.

Country wise and year wise sample data on different parameters has been produced below and such 47808 dataset was collected.

Entity	Code	Year	Suicide rate (deaths per 100,000 individuals)	Depressive disorder rates (number suffering per 100,000)	Population
Liberia	LBR	1999	12.2812534	3485.69	2700000
Liberia	LBR	2000	12.1008322	3486.535	2848000
Liberia	LBR	2001	12.1236441	3515.078	2954000
Liberia	LBR	2002	12.3715229	3580.885	3025000
Liberia	LBR	2003	12.5822088	3656.412	3077000
Liberia	LBR	2004	12.8523076	3720.218	3136000
Liberia	LBR	2005	13.1026509	3748.831	3218000
Liberia	LBR	2006	13.1398706	3747.978	3329000
Liberia	LBR	2007	13.1621317	3745.976	3462000
Liberia	LBR	2008	13.1613022	3740.657	3608000
Liberia	LBR	2009	13.3142721	3736.552	3754000

Number with Depression cases Count Year Wise.

Country wise and year wise sample data on different parameters has been produced below and such 6468 dataset was collected.

Entity	Code	Year	Prevalence - Depressive disorders - Sex: Both - Age: All Ages (Number) (people suffering from depression)
Afghanistan	AFG	1990	318435.8137
Afghanistan	AFG	1991	329044.774
Afghanistan	AFG	1992	382544.5729
Afghanistan	AFG	1993	440381.5074
Afghanistan	AFG	1994	456916.6455
Afghanistan	AFG	1995	471475.202
Afghanistan	AFG	1996	486916.2202
Afghanistan	AFG	1997	499770.4095
Afghanistan	AFG	1998	509695.4476
Afghanistan	AFG	1999	503304.902
Afghanistan	AFG	2000	501129.0678
Afghanistan	AFG	2001	506530.4469