

Evaluation of the Effect of Mantra Chanting on Glycated Hemoglobin (HbA1c) Levels among Corporate Personnel: A Pre–Post Experimental Study

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Abstract: *Background: Occupational stress and sedentary work patterns among corporate personnel contribute to impaired glycemic control and increased risk of metabolic disorders. Glycated hemoglobin (HbA1c) is a reliable indicator of long-term glycemic regulation. Yogic practices such as mantra chanting are believed to reduce stress and improve autonomic balance, which may positively influence glycemic outcomes.*

Aim: To evaluate the effect of mantra chanting on HbA1c levels among corporate personnel.

Materials and Methods: A single-group pre–post experimental design was adopted. One hundred corporate employees participated in a structured mantra chanting intervention. HbA1c levels were measured before and after the intervention using standardized laboratory procedures. Pre- and post-test values were compared using paired t-test.

Results: Mean HbA1c levels decreased significantly from $5.87 \pm 1.31\%$ at baseline to $5.29 \pm 0.80\%$ post-intervention. The mean reduction of 0.58% was statistically significant ($t = 8.392$, $df = 99$, $p = 0.01$).

Conclusion: Mantra chanting produced a statistically significant reduction in HbA1c levels among corporate personnel. Regular practice of mantra chanting may serve as a supportive lifestyle intervention for improving glycemic regulation in occupational settings..

Keywords: Mantra chanting, HbA1c, glycemic control, corporate personnel, yoga

