In the present study, the researcher investigated the effect of prayer (penitence and thanksgiving) and meditation (verbal chanting of ‘OM’) on Alpha EEG, Galvanic Skin Response (GSR), attention regulation, emotional intelligence and psychological well-being of university students. Prayer mainly focuses on pleading and thanksgiving. Meditation (verbal chanting of ‘OM’) as taken in this research is a concentrative type of meditation that involves focusing of attention on breath and internal or external chanting (or mantra). The study was conducted on a purposive sample of female university students (N= 130) in the age range of 18-24 years taken from Dayalbagh Educational Institute, Agra and Dev Sanskriti Vishwavidyalaya, Haridwar. Prayer along with Meditation Group was categorized as Group I (N= 65) and Only Meditation Group was categorized as Group II (N= 65). For experimentally studying effect on Alpha EEG and GSR, 25 out of 65 students were selected from both the groups. The daily practice time of intervention was 30 minutes in Group I (15 min. for Prayer and 15-20 min. for Meditation) and 15-20 minutes in Group II for 30 days. Single Group, Pre and Post research design was used. Recordings of Alpha EEG and GSR were made on a computerized polygraph (Model Physiopac, PP 4, Medicaid Systems, Chandigarh, India) test. To measure attention regulation and emotional intelligence, Attention Regulation Test (three subtests i.e. Forward- Backward Digit Span Test, Syllable Counting Test and Digit Counting Test) by Das (1994) and Emotional Intelligence Scale by Hyde, Pethe and Dhar (2001) were used respectively. Psychological Well-being was measured by ‘P.G.I. Wellbeing Scale’ by Moudgil, Verma, Kaur and Pal (1986). Five more items
taken from the life satisfaction test constructed by Diener et al. (1985) were added along with the items of P.G.I. Wellbeing Scale by the researcher herself to improve the validity of the scale. Wilcoxon Signed Rank Test was used for statistical analysis. Results revealed a significant difference between the pre and post scores of alpha EEG (Z = 2.67, p < .01 in Group I and Z= 3.23, p < .01 in Group II), pre and post scores of GSR (Z = 4.10, p < .01 in Group I and Z= 2.68, p < .01 in Group II), pre and post scores of attention regulation (Z = 6.36, p < .01 in Group I and Z= 4.74, p < .01 in Group II), pre and post scores of emotional intelligence (Z = 6.34, p < .01 in Group I and Z= 4.50, p < .01 in Group II), pre and post scores of psychological well-being (Z = 4.43, p < .01 in Group I). Further, results revealed that there was no significant effect of meditation on psychological well-being (Z = 1.94, p > .01 in Group II). Thus, the results of the present research lead to the conclusion that there is significant effect of prayer along with meditation on Alpha EEG, GSR, attention regulation, emotional intelligence and psychological well-being. Other important findings of the present research is that there is a significant effect of meditation on Alpha EEG, GSR, attention regulation and emotional intelligence. Prayer along with meditation is more effective in enhancing emotional intelligence and psychological well-being in comparison to only meditation. Prayer relieves one from egotism and makes a person humble. This condition of mind is helpful in focusing attention during meditation. Thus, prayer acts as facilitator for meditation. Prayer and meditation also act as coping strategies to solve one’s daily life problems and to keep the body and mind fit.

**Keywords:** Prayer, Meditation (‘OM’ chanting), Alpha EEG, GSR, Attention Regulation, Emotional Intelligence, Psychological Well-Being.