The present research aimed at studying the impact of Swami Sridharanandji’s atma vidya parishilana yoga (which is a meditation technique) on psychological variables such as personality, emotional quotient and wellbeing of college students. In today’s competitive world stress and anxiety that come with it are very common as a result we see that today many of the illnesses suffered by people are due to much stressed life. In addition to competition the youth have to also battle identity crisis, generation gap, relationship problems, pressure from friends etc. Unfortunately many young adults succumb to the stress n pressure and may resort to crimes such as theft, vandalism, hate crimes like homicide or murder and sometimes end their own life by committing suicide. Past research has proved that practicing meditation can help deal with stress, anxiety and their ill effect on our physiology and psychology. Meditation has proved to have the same effect that one gets when one tense your muscles and then relax them. The aim of this research is to help young adults get better equipped with weapons to fight stress and its related outcomes. For this purpose hundred college students from the age group of 18 years to 20 years from Dharwad were randomly selected for this study. They were presented with a pre-test consisting of three questionnaires (personality, emotional intelligence and well-being questionnaires). Then Swami Sridharanandji’s atma vidya parishilana was introduced to the students as an intervention for three months. After three months a post-test was conducted. The results obtained showed that after meditation the students had a more positively integrated personality. Emotional quotient improved leading to a more balanced and stable emotional quotient and an enhanced overall psychological wellbeing.