

## Abstract

**Background:** The *Yama Niyama* scale is a tool to measure values/ morals such as humility/ modesty and contentment. Understanding and introspecting such qualities in ourselves will help in leading a better quality of life in harmony with the society and people around us.

**Aim:** The aim of the study is to Develop a scale to measure the qualitative concepts- *Yama and Niyama*, specifically the two *Niyamas: Hrī* (Modesty) and *Samtoṣa* (Contentment).

**Methodology:** A questionnaire was developed to measure the concepts, using both qualitative and quantitative methods. The questionnaire was circulated in different platforms using a google form and data was collected, analysed and interpreted using Excel and JASP. There was no intervention in the study.

**Result:** Exploratory Factor analysis was used to determine the factor structure and two factors were extracted by the analysis. The internal reliability (Cronbach's alpha) of the modesty scale was 0.650 and the contentment scale was 0.733. The pilot study found that there is an element of social desirability bias which needs to be eliminated with further modification and alteration of the scale.

**Conclusion:** Through the pilot study, we found that modesty and contentment can be quantified and measured through the yogic context and, that they are connected to the present times. The scale can be used to assess and identify personality traits of an individual. It can be used specifically in school and work setups to identify, assess and appraise positive human values.