

**Efficacy of Planetary Peace Meditation (PPM) of Yoga Prana Vidya (YPV) System in
Enhancing Academic Performance of High School children: A Case study
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Abstract

Various factors inside and outside the school contribute for the level of academic performance of high school students, such as professionalism, skills and abilities on the part of the teachers; provision of library facilities, laboratory, appropriate teaching-learning processes and instructional strategies; effective communication between the individuals; formation of good terms and conditions and usage of technology and evaluation methods. The other factors that influence the academic performance of the students are home environment, financial position of their families, conditions of poverty, provision of tuitions and assistance at home, counselling and guidance, occurrence of conflicts and disputes, potential employment opportunities, household chores, needs and requirements of other family members and occasional domestic violence and criminal acts. The attitude a student takes towards his/her education also is an important determinant of academic performance. Several studies have been reported on positive effects of meditation on student performance. The authors conducted this qualitative outcome study to explore the effects of planetary peace meditation (PPM) on the academic performance of 10th class students after 8 months of practicing PPM of the Yoga Prana Vidya System (YPV). The findings show positive influence of PPM on the SSLC examination results. This outcome encouraged the managements of other schools in the surrounding area also to adopt PPM in their daily programme. The authors conclude that despite methodological limitations in the study, there is prima facie evidence to show that the PPM process of YPV is highly useful in academic environment, and can be adopted in all educational institutions for better academic and overall results of students and the performance of teachers as well.

Key Words: academic performance, High School students, Yoga Prana Vidya System, Planetary Peace Meditation

There are various factors inside and outside schools that contribute for the quality of academic performance of high school students. (Farooq, Chaudhary, Shafiq & Berhanu, 2011). Within school, the factors mainly include, professionalism, skills and abilities on the part of the teachers; provision of library facilities, laboratory, appropriate teaching-learning processes and instructional strategies; effective communication between the individuals, formation of good terms and conditions, usage of technology and evaluation methods (Radhika Kapur, 2018). The other factors that influence the academic performance of the students are home environment, financial position of their families, conditions of poverty, provision of tuitions and assistance at home, counselling and guidance, occurrence of conflicts and disputes, employment opportunities, household chores, needs and requirements of other family members and violent and criminal acts. (Radhika Kapur, 2018). Psychologically, the attitude a student takes towards his/her education also is an important determinant of academic performance. Several studies have been reported on positive effects of meditation on student performance (Kauts & Sharma, 2009). In this case study the authors investigated the processes and outcomes of practicing Planetary Peace Meditation (PPM) of the Yoga Prana Vidya System (YPV) on the academic performance of high school students of a High school, in Hassan, Karnataka, India.

Yoga Prana Vidya

There are various methods of Yoga that promote physical health in multiple different ways. Some of them derive from better stress management. Others come more directly from the physical movements and postures in yoga, which help promote flexibility and reduce joint pain.

Yoga Prana Vidya is a system which is integrated and holistic in approach. It integrates a set of simple physical exercises, fruit and saltless vegetarian diet, Rhythmic Yogic Breathing (RYB), Superbrain Asana (SBA) and meditation. It is Holistic in the sense that the practice of integrated YPV enables addressing various ailments in the body at the same time. The practice of YPV helps as preventive action for those who have normal health and aim to keep healthy and fit through aging (Yoga Prana Vidya Research, 2019).

The integrated framework of YPV practices enable transformation at both inner and outer levels of human living. YPV system uses neither drug nor touch but is able to accelerate the body's natural healing ability. It uses Prana Shakti (bio-field energy, or life force) to heal all types of physical and psychological ailments (Yoga Prana Vidya Research, 2019)

Various holistic healing systems have existed in various ages (Sui MCK, 2015a). Depending on the prevalent maladies and social customs, these have been adapted to relieve the masses at large from simple pains to more psychological and chronic

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ailments (Sui, MCK, 2015b). In ancient times, it seemed that only great seers could perform such healing. As time progressed, systems were developed that even the common man could serve the ailing people with such practices. Yoga Prana Vidya postulates that for cure one must tackle the root cause, including working towards one's character-building and emotional maturity. The founders of YPV have systemized "Prana" concepts and formulated a series of comprehensive documented techniques (YPV ashram, 2018a & 2018b) to transmit its healing techniques to a novice, who will then be able to provide relief to the clients/patients.

Yoga Prana Vidya is not intended to replace the systems like Ayurveda, Homoeopathy, and Allopathy etc. It works complementary to these systems to enhance the natural healing power within our bodies to heal at a faster rate with remarkable effect. YPV primarily involves the healing of the Energy Body which interpenetrates and extends beyond the Physical Body by several inches. The Energy Body is referred to as the Pranamaya Kosha in Sanskrit, Etheric Double in Theosophy and Bio-Plasmic Body by Modern Science. Thus, YPV is an ancient science that has been rearranged in a way that would be relevant and easy to grasp for a learner. It is relevant as most modern ailments are considered psychosomatic and YPV addresses this very well through its techniques of psychological healing also besides physical healing.

The concepts of YPV

Energy body of a healthy person

The human energy body consists of an inner aura surrounding the physical body. The inner aura is like

be observed by scanning with hands by a trained and skilled healer. The picture of aura can also be scientifically captured using a GDV (Gas discharge Vision) camera.

Energy body's relationship with Physical body

When a disease strikes, it first strikes the energy body and, if that is weak, the disease passes on to the physical body. The energy body thus acts as a shield protecting the physical body. Therefore, the system of YPV consists of cleansing and energising the energy body which in turn ensures that the physical body is healthy.

Chakrams or energy Centres

As we can see in Figure 3, there are eleven Chakrams (wheels) or energy Centres which keep rotating and distributing energy to various parts of the body through meridians or channels. These eleven chakrams actively control various body functions, organs and nervous system. Each one of the Chakrams has an assigned task/duty to take care of an important aspect of human body.

The science of healing process

Basis of Healing is in the statement that body has an ability to heal or normalize itself. Increasing the energy level accelerates the healing process. Energy follows thought. Therefore, the will of the healer directs the flow of energy, by receiving and sending Prana/ energy to the person being healed.

Healing types –individual, group, distant, Self-healing

In individual healing, a trained healer heals the patient while in face to face position. When the patient is at a distance from the healer, like in a different town, a trained healer can perform distance

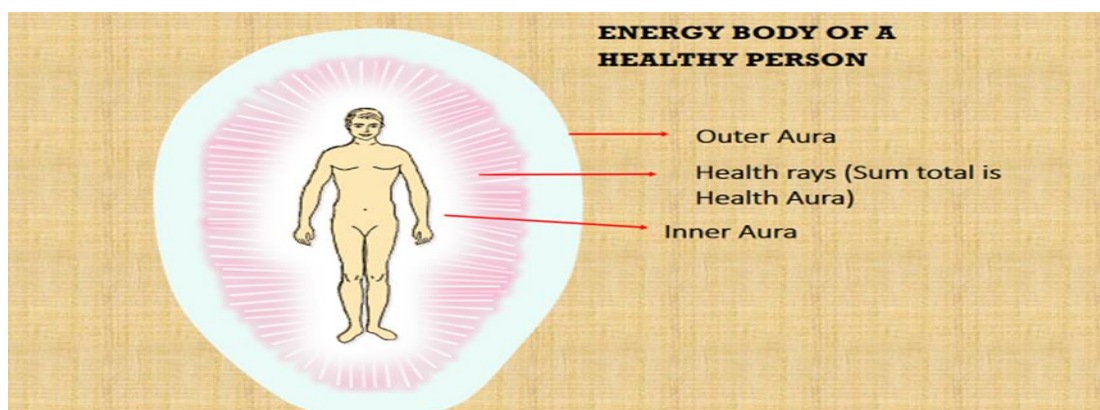


Figure 1: Energy body of a healthy person

(Source: Yoga Prana Vidya Research, 2019)

a mould around the physical body. Surrounding the inner aura is the outer aura. Health rays connect the inner and outer auras as shown in Figure 1. A healthy person's aura does not indicate any defects, with straight health rays.

Figure 2 shows the Energy body of a sick person. In this Figure 2 we notice that the health rays are entangled or twisted, inner aura is smaller and is dull, indicative of heavy diseased energy. There are also holes and cracks in the outer aura. These defects can

healing to the patient. Group healing is given to the entire group of people who participate in the group session. A trained healer can heal himself or herself through practice.

Safety features

According to Yoga Prana Vidya Research (2019), YPV is totally a safe process, as there is no drug nor any physical touch between the healer and the patient. The training of healers is conducted by qualified trainers and the entire process of healing is a safe and

secure method without any side-effects to the patient or the participant.

YPV can heal are, Anxiety, Fear, Stress, Depression, Lack of self-esteem, Lack of self-confidence,

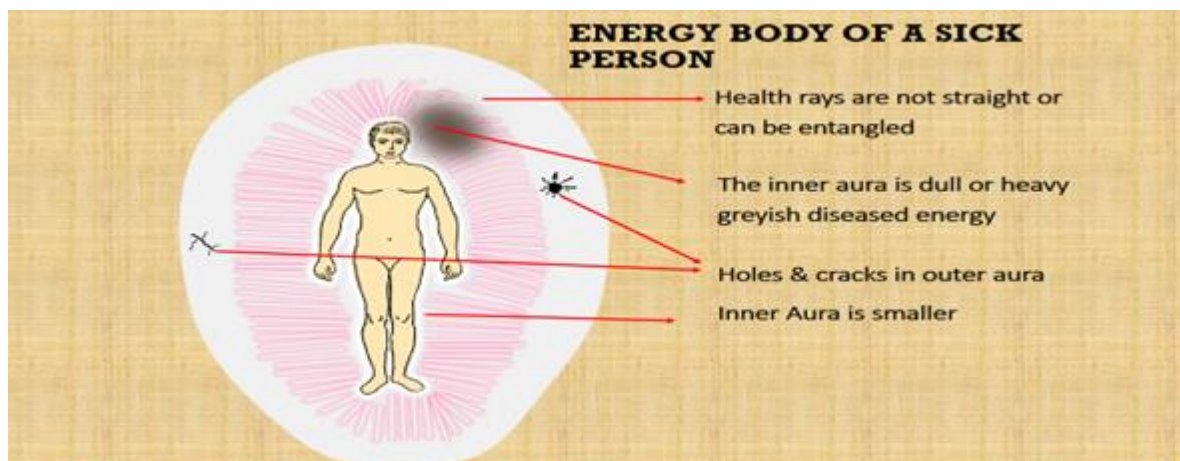


Figure 2: Energy body of a sick person
(Source: Yoga Prana Vidya Research, 2019)

Healer training, c ompetencies and accreditation

A structured approach is made to train the healers in various levels of proficiency and competency and only those who follow disciplined processes are encouraged to receive training as healers, and document the cases to be eligible for various levels of certification by the YPV system.

Application areas of YPV

addictions, relationship issues etc.

YPV aligns successfully to human development YPV aligns very well with biomedical theories supporting that one can age successfully by caring for physical health and minimizing loss in function through YPV practices and healing techniques. YPV as a group activity and combined with healing protocols, aligns as well with psychosocial theories

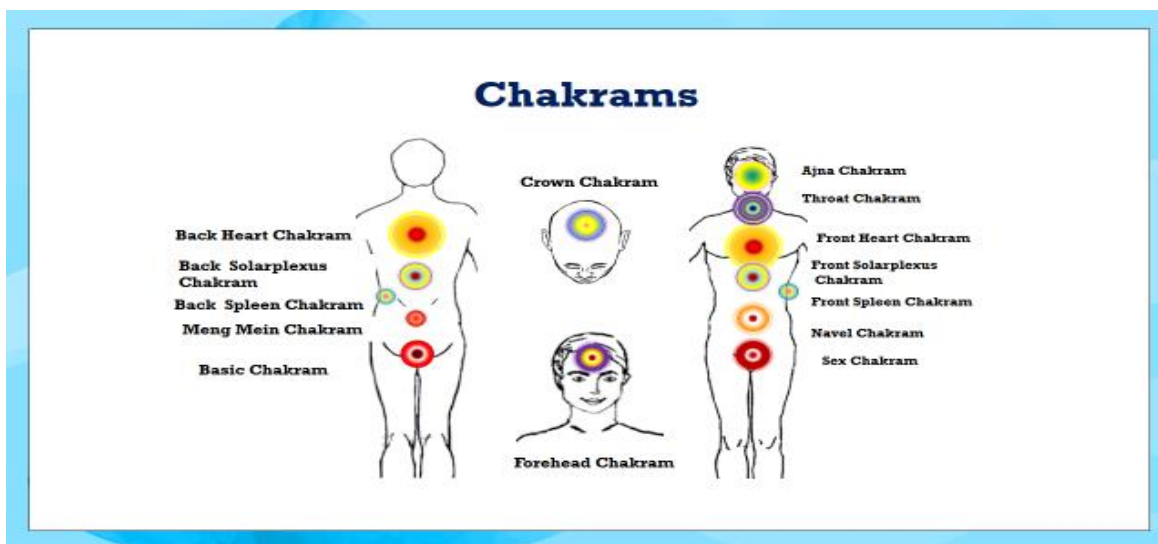


Figure 3: Chakrams or Energy Centres
(Source: Yoga Prana Vidya Research, 2019)

YPV is applied to heal a range of physical and psychological ailments of people through simple techniques of self-practice. Also, it is proven to enhance academic performance of students. Additionally, appropriate healing is given by trained healers to heal the ailments as required.

The ingre dients of YPV practice

YPV practice consists of simple physical exercises, Rhythmic yogic breathing, Forgiveness Sadhana, Planetary peace meditation, Specified diet, and healing protocols. Some mental health conditions that

suggesting that social and cognitive resources and group cohesion such as a positive attitude and social support from group members is an important contributor to successful development and aging.

Planetary Peace Meditation (PPM)

Planetary peace meditation (PPM) of the Yoga Prana Vidya (YPV) system (Yoga Prana Vidya Research, 2019) is a guided meditation, to become a channel to bless. It is also known as Meditation on Loving Kindness, and is “the mother of all meditations.” PPM is a simple meditation which can be practiced

daily by anyone above 16 years age. Once in a week is recommended for children between 10 to 16 Years of age.

With the activation of the Heart and Crown chakra, the internal condition of the practitioner is transformed. One becomes a 'Spiritual Conductor' and the body gets filled with Light, Hope and Strength. During this meditation, practitioner transforms despair into hope and doubt into faith. Inner transformation is also shared with fellow beings on earth, helps transform Darkness into Light, fills oneself and others with Light and inner joy. Experience has shown that PPM increases intuitive and intellectual abilities making the brain lively and sharp

Kauts and Sharma (2009) studied the effects of a yoga module on academic performance of adolescent students, the module consisting of yoga asanas, pranayama, meditation, and a value orientation program was administered on experimental group for 7 weeks. The experimental and control groups were post-tested for their performance on the three subjects mentioned above. The results show that the students, who practiced yoga performed better in academics. The study further shows that low-stress students performed better than high-stress students, meaning thereby that stress affects the students' performance. Numerous studies with college students demonstrate that Transcendental Meditation™ © practice increases brain coherence in measures correlated with improved cognitive functioning; reduces stress, anxiety and depression; reduces sleepiness (TMhome, 2019).

Three randomized experiments compared the effect of Transcendental Meditation, napping and contemplative meditation on high school students (TMhome, 2019). TM practice improved student test scores of Inability to successfully reason in new situations; speed of information processing; ability to achieve and maintain emotional and physical well-being, succeed in work, love, social relationships; a cluster of traits including cognitive functioning, personality and social behaviour; balanced use of cognitive, affective and volitional domains (traits like comprehension, analysis, curiosity, unconventionality, synthesis, and risk/avoidance); anxiety (with Transcendental Meditation practice anxiety reduced). A study by Farooq et al. (2011) found that socioeconomic status and parents' level of education are also important determinants of academic performance of high school students.

Several Studies have shown benefits against an array of conditions both physical and mental, including irritable bowel syndrome, fibromyalgia, psoriasis, anxiety, depression, and post-traumatic stress disorder (Powell, 2018). Yoga Prana Vidya System has been found to be effective in healing physical and mental conditions (Authors, 2019a; 2019b).

Recent scientific exploration has largely focused on the secular practice of mindful meditation, but

meditation is also a component of several ancient religious traditions, with variations (Powell, 2018). In the present context, PPM is observed to be a secular and universal practice of meditation, without any relationship with any particular religion.

This study aims to determine the Efficacy of Planetary Peace Meditation (PPM) in enhancing academic performance in High School Children, thereby ascertaining the role of PPM in improving results in SSLC board examination.

As stated by Lutz, Slagter, Dunne and Davidson (2008), Meditation can be conceptualized as a family of complex emotional and attentional regulatory training regimes developed for various ends, including the cultivation of well-being and emotional balance. Among these various practices, there are two styles that are commonly studied. One style, focused attention meditation, entails the voluntary focusing of attention on a chosen object. The other style, open monitoring meditation, involves nonreactive monitoring of the content of experience from moment to moment. The potential regulatory functions of these practices on attention and emotion processes could have a long-term impact on the brain and behaviour. Viewed against these statements, the PPM of Yoga Prana Vidya is a style of focused attention meditation.

Method

Design

This is a case study of a PPM intervention conducted by a team of YPV healers collaboratively at a High School in Hassan, Karnataka (India) during the academic year from June 2015 to February 2016. A group of 180 students of Grade 10 were enrolled in the intervention. The PPM sessions were conducted weekly once, for one hour, every Thursday morning, during assembly over 38 weeks. The study group students appeared in the SSLC board examinations in March 2016.

Procedure

The only measure used in this study was the academic performance of the 180 students (study group) in SSLC board examination, and it was collected from the official results received by the school administration. No other psychometric or other measures were considered in this study. The school administration participated collaboratively in this programme which meets the ethical requirement in this study. Similar data of 188 previous year students who did not participate in PPM was also obtained from the school administration for comparison. Also written feedback was obtained from the school administration for corroboration of the overall effects. The data on 180 study group students collected was compared with the academic performance of the 188 students of the previous year (with no exposure to PPM). The academic performance of the two batches were subjected to statistical analysis using Chi square test. P value of < 0.05 was considered as significant. Annexures 1 and

2 show the feedback from the schools where PPM was practiced in this study, which is used to corroborate the results.

Results

The results of the study are presented in Table 1. In the batch of students who attended SSLC examination in 2015 (non –PPM batch), 91 were male and 97 were female. In the batch of students who attended SSLC examination in 2016 (PPM batch), 93 were male and 87 were female. The Mean age of 2015 batch was 15.2 years, whereas mean age of 2016 batch was 15.1 years. In 2015 SSLC batch, out of 188 students, 115 (61.17%) scored more than 90% whereas 35

One of the most beneficial aspects of PPM meditation is its effect on ATTENTION. It allows one to practice focusing our attention and awareness even when we're not meditating. Anxiety is usually alleviated by meditation because it loosens the connections of particular neural pathways involved in anxiety. Creativity is also improved and productivity of the brain is improved by blocking distractions. The ability to ignore distractions could explain the ability to rapidly remember and incorporate new facts. Structurally, meditation is linked to larger amounts of grey matter in the hippocampus and frontal areas of the brain (Walton, 2015). More grey matter can lead to more positive emotions, longer-lasting emotional

Table 1: Results of Test group vs. previous group

SSLC RESULTS									
Sl No	Academic Year	No. of students appeared for exam	No. of students scored		No. of students scored		No. of centums	Centum %	School Average
			≥90 %	%	≥600 marks	%			
1	2014-15	188	115	61.17	50	26.59	35	18.61	88.07
2	2015-16	180	128	71.1	64	35.5	102	56.6	91.14

(18.65%) achieved centum. When compared, the study group in 2016 SSLC batch, 128 (71.1%) out of 180 students scored more than 90% whereas 112 (56.6%) achieved centum.

Comparison and statistical analysis of no. of students who scored >90% marks in the two batches showed that 2016 batch students had significantly improved performance than 2015 batch (p- value < 0.00001). Comparison and analysis of no. of students who achieved centum in the two batches showed that 2016 batch students had significantly improved performance than 2015 batch (p- value < 0.00001). The above results show that statistically significant better academic performance results were obtained by 2015 -16 students compared to 2014-15 students.

Discussion

PPM is a guided meditation which draws inspiration from verses 13 and 14 of Chapter 8 of Bhagvad Gita, with Om chanting in between. There is also a universal version of PPM available without chanting OM, but using silent meditation. PPM helps to internalize peace, love and forgiveness. It enhances intuitive ability of a person, reduces stress and leads to an overall sharp and smart personality. This study found that statistically significant better results were obtained in SSLC examination by 2015 -16 students who underwent PPM sessions compared to 2014-15 students who were not exposed to PPM.

stability, and heightened focus during daily life. Higher levels of gyrification, which is the folding of the cerebral cortex as a result of growth is seen. This allows for the brain to be better at processing information, making decisions, forming memories, and improving attention.

Comparing with the observations of Lutz, Slagter, Dunne and Davidson. (2008), it is inferred that PPM style is a focused attention meditation; it entails the voluntary focusing of attention on a chosen object. The potential regulatory functions of these practices on attention and emotion processes could have a long-term impact on the brain and behaviour, which may be considered for future research on sustainable effects of PPM meditation.

It has been confirmed that the school which participated in this experimental study during 2015-16 has been continuing even now the regular practice of PPM during daily assembly. Basing on this result, several other schools in that area have also started to practice PPM, with the support and encouragement of the concerned authorities in the Education department in the District.

This study assumes that there are no other variables at play than PPM, between the two groups which were totally independent, that could considerably affect the results in SSLC exam of the participant school. The authors recommend that future studies may be conducted with Randomised control trials (RCT) for

more PPM focused study reducing the effects of other variables.

Conclusion

Planetary Peace Meditation (PPM) can be used as a simple intervention therapy in enhancing the academic performance of School and college children in general. Planetary peace meditation (PPM) enhances and rejuvenates higher functions of brain, and regular practice helps consistently unagitated and focused state of mind for people of all walks of life.

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