

RESEARCH ARTICLE

IMPACT OF YOGA PRANA VIDYA (YPV) INTERVENTION ON EXAM ANXIETY AND ACADEMIC PERFORMANCE: A QUASI-EXPERIMENTAL STUDY

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ABSTRACT

Background: Exam anxiety is a common psychological challenge among adolescents, often impairing concentration and academic performance. Conventional interventions exist, but complementary approaches such as Yoga Prana Vidya (YPV) remain underexplored. **Objective:** To evaluate the efficacy of YPV protocols in reducing exam anxiety and improving academic performance among high school students. **Methods:** A quasi-experimental pre-test/post-test design was employed with 22 students aged 13–19 reporting high exam anxiety. The intervention consisted of 30 days of daily YPV healing (20 minutes each) delivered remotely by two Certified YPV Healers. Anxiety was measured using the Westside Test Anxiety Scale, and academic performance was assessed through exam scores. **Results:** Mean anxiety scores reduced from 2.59 (high-normal) to 1.83 (comfortably low). Academic scores improved by 14.7%, with mean scores increasing from 74.4 to 85.4. Qualitative feedback highlighted improved focus, confidence, emotional stability, and lifestyle changes. **Conclusion:** YPV intervention significantly reduced exam anxiety and enhanced academic performance. It offers a promising complementary strategy for stress management in educational contexts.

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INTRODUCTION

Exam anxiety is a pervasive issue affecting 20–40% of students worldwide (1,2). It manifests as physiological arousal, cognitive interference, and behavioural avoidance, leading to impaired academic performance (3,4). Traditional interventions include cognitive-behavioural therapy (CBT), relaxation techniques, and mindfulness practices (5,6). While effective, these approaches may not be accessible to all students, prompting interest in complementary therapies.

Yoga Prana Vidya (YPV) is an integrative energy healing system focusing on balancing chakras, cleansing energy fields, and enhancing vitality (7). Previous studies have demonstrated YPV's efficacy in managing stress, emotional regulation, and physical health (8–12). A previous study by Ramya et al (2020) found that Practice of YPV protocols enhanced academic performance of high school students (13). However, its application in academic contexts, particularly exam anxiety, remains limited. This study aims to evaluate YPV's impact on exam anxiety and academic performance, hypothesizing that YPV protocols reduce anxiety and improve exam outcomes.

METHODOLOGY

Study Design: Quasi-experimental pre-test/post-test design.

Sample: 22 high school students (ages 13–19) reporting high exam anxiety.

Intervention: Daily YPV healing (20 minutes, 30 days) via distance healing. **Protocols included:**

- YPV Level 3 healing and energy balancing
- Blood cleansing technique
- Chakra shielding (Ajna, throat and solar plexus)
- Transmutation of sex energy
- Environmental cleansing

Outcome Measures

- Westside Test Anxiety Scale (Driscoll, 2007) (13)
- Academic scores (pre-intervention terminal exams vs. post-intervention final exams).
- Qualitative feedback from students and /or parents

Data Analysis:

- **Quantitative:** Descriptive statistics for exam scores and anxiety scale.
- **Qualitative:** Thematic analysis of participant feedback.

RESULTS

Quantitative Findings:

- **Anxiety Reduction:** Mean score decreased from 2.59 (high-normal) to 1.83 (comfortably low).
- **Academic Performance:** Mean exam scores increased from 74.4 to 85.4 (+14.7%).

The following info graphics (Figure 1) pictorially represent the results.

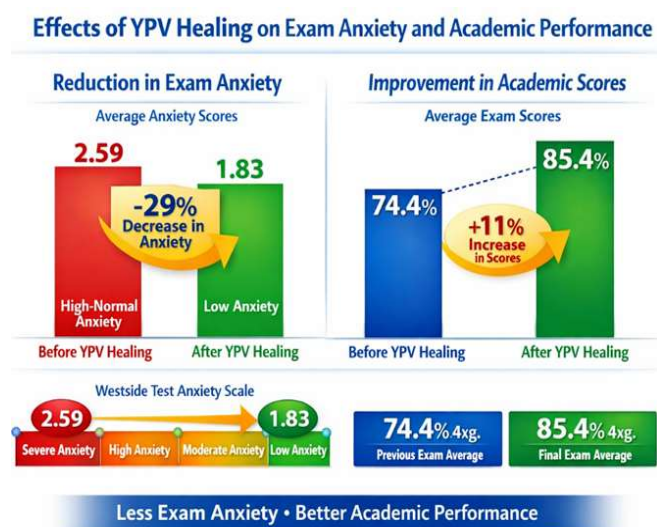


Figure 1. Results Infographic

Qualitative findings: Thematic summary of the client feedback on the YPV exam healing intervention is given below.

Common Themes

- **Calmness and focus:** Many students reported feeling more relaxed, less anxious, and able to concentrate better during preparation and exams. Parents observed reduced nervousness and tension.
- **Confidence boost:** Several accounts highlight increased self-assurance, with students approaching exams without fear and writing with clarity.
- **Improved study habits:** Students began waking up early, following schedules, and studying consistently. Some overcame procrastination and laziness, showing better discipline.
- **Emotional stability:** Reports mention children being cheerful, energetic, and free from stress, with improved sleep and reduced distractions.
- **Parental gratitude:** Parents expressed deep appreciation for the healing support, often describing it as “miraculous” or “divine blessings.”

DISCUSSION

The findings support prior literature on exam anxiety interventions (14–16), demonstrating that structured practices reduce stress and improve outcomes. YPV’s holistic approach

may complement conventional methods by addressing both psychological and energetic dimensions. The observed lifestyle changes (tidier rooms, better schedules) suggest broader behavioural transformation beyond exam performance. Limitations include small sample size, lack of randomized control, and reliance on self-reported feedback. Future research could employ larger randomized controlled trials and explore neurophysiological correlates of YPV practices.

CONCLUSION

YPV intervention significantly reduced exam anxiety and improved academic performance among adolescents. It offers a promising complementary strategy for stress management in educational contexts, warranting further exploration in larger, controlled studies.

Ethics Statement: All participants provided informed consent. The study adhered to ethical standards for non-invasive interventions.

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