

**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