

Outcomes of A Quasi-experimental Design Intervention to Improve Family Relationships Using Yoga Prana Vidya (YPV) Intervention

Padma Srinivasu¹ and Venkata Satyanarayana Nanduri²

YPV Certified Healer & Trainer, Bengaluru, Karnataka¹

Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally, Tamil Nadu²

Family relationships are central to wellbeing, yet conflicts, communication gaps, and stress often disrupt harmony. Yoga Prana Vidya (YPV), an integrative healing system, incorporates energy balancing, breathing, forgiveness practices, and meditation to restore peace and cohesion within families. This study evaluated the effectiveness of YPV protocols in improving family relationships. A quasi-experimental, mixed-methods design was employed with 28 participants (aged 36-78 years). The intervention consisted of daily YPV practices for 30 days, including physical exercises, breathing techniques, forgiveness sadhana, Planetary Peace Meditation, and relationship healing sessions. Quantitative data were collected using a 15-item Family Relationships Questionnaire (Likert scale, 15) administered pre- and post-intervention. Qualitative data were obtained from participant transcripts and emails, analysed thematically. Quantitative analysis showed significant improvement in family relationship scores (mean pre-test = 58.92; mean post-test = 69.32; $p < 0.01$). Improvements were consistent across diverse relationship contexts (spouse, children, parents, in-laws). Thematic analysis revealed nine key themes: improved communication, emotional connection and harmony, forgiveness and acceptance, quality time together, reduced anger and stress, personal growth and self-understanding, family and children's well-being, responsibility and practical improvements, and spiritual gratitude. The YPV intervention effectively enhanced family relationships, fostering harmony, emotional closeness, and resilience. Findings suggest that YPV protocols can serve as a culturally relevant approach to strengthening family systems. Future studies with larger samples and control groups are recommended to validate and generalize these outcomes.

Keywords: Family relationships, forgiveness, communication, harmony, mixed-methods intervention

In India, family dynamics significantly shape individual well-being, acting as either a protective buffer or a source of stress. Supportive, cohesive, and communicative families foster higher life satisfaction and resilience. Conversely, rigid, patriarchal, or conflict-ridden households increase anxiety, depression, and psychological distress, particularly affecting women (Vadlamani & Rangiseti, 2025).

Women's agency is the capacity for women to make strategic life choices, define their own goals, and act upon them to create change. It involves controlling resources, participating in decision-making within households and communities, and exercising power to overcome structural, social, or patriarchal constraints (Richardson et al., 2019).

Allendorff's (2012) study suggests that positive aspects of family relationship quality do influence women's lives. The strength of family bonds, especially the marital bond, plays an important role in determining women's ability to make decisions in the family.

Research indicates that family dynamics-comprising communication patterns, roles, and support structures-serve as a primary determinant of mental health across the lifespan.

The Impact of Parenting Styles and Communication significantly shapes the family climate (Baumrind, 1991). Family Structure and Environmental Stressors also influence the relationships (Sidana, 2024). While family processes (e.g., support & discipline) are often more predictive of well-being than structure alone, variations such as single-parent or blended families can introduce unique stressors. Recent shifts from traditional joint families to nuclear and diverse structures have impacted how individuals access wisdom and support from extended relatives. Furthermore, external factors like economic pressure and digital distractions (e.g., social media threats to cohesion) have been identified as dominant forces reshaping modern family life (Sidana, 2024).

Improving Family Relationships

Interventions to improve family relationships focus on enhancing communication, fostering emotional bonds, and building conflict resolution skills through structured activities and therapy. Key strategies include active listening, establishing shared traditions, setting clear boundaries, and, when needed, professional family therapy such as Cognitive-Behavioural Therapy (CBT) or Parent-Child Interaction Therapy (Eyeberg, 1998) (PCIT). In India, families form an important part of the social fabric and support system, and as a result, they are integral in being part of the treatment and therapeutic process involving an individual with mental illness (Varghese et al., 2020).

Author Note

¹Padma Srinivasu, YPV Certified Healer & Trainer, Bengaluru Karnataka
E-mail: padmasrinivasunp@gmail.com

²Venkata Satyanarayana Nanduri, Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally, Tamil Nadu
We have no known conflict of interest to disclose.

Correspondence concerning this article should be addressed to Venkata Satyanarayana Nanduri, Consultant, Research & Publications, YPV Ashram, Sri Ramana Trust, Thally, Tamil Nadu
E-mail: vsnanduri@yahoo.com

Family relationships are central to individual well-being and social harmony. However, interpersonal conflicts, communication gaps, and stress often disrupt family cohesion. Yoga Prana Vidya (YPV), an integrative healing system, emphasizes energy balancing, breathing, forgiveness practices, and meditation to restore harmony (Kumar et al., 2024), .

This study investigates the effectiveness of Yoga Prana Vidya System (YPV) protocols in improving family relationships through a structured intervention based on the established principles of energy healing.

Background Information

Each family member vibrates with distinct energies, which can lead to disharmony and unhealthy arguments. Such conflicts affect peace and progress within the household. Literature shows over 160 studies utilising YPV techniques aimed to improve holistic health by harmonising these energies (Neravetla et al., 2024; Neravetla et al., 2025) thereby fostering emotional balance, communication, and positive support (Chinnusamy et al., 2025a; Nanduri et al., 2025).

Some examples of improved family relationships are well documented in previous studies (Chinnusamy et al., 2025b; Kumar et al., 2024) using YPV's relationship healing protocols.

Objectives of the Study

- To bring harmony and peace in families using YPV techniques.
- To assess the impact of YPV protocols on a group of participants through a quasi-experimental intervention.

Method

Participants

Participants' profile is presented in Table 1 (Annexure 1). A total of 28 participants (27 females, 1 male; aged 36-78 years) were purposely selected and recruited. Inclusion criteria consist of adults above 18 years, YPV Sadhaks (Practitioners), desirous of resolving relationship issues through this intervention conducted over the full duration of 30 days. The Exclusion criteria consisted of those who were unwilling to participate for the full duration of the intervention.

Table 1

Participant Profile with Scores Pre and Post Test

Table: Participant Data					Issues with	Score before	Score after
1	Female	42	Odisha	Husband	52	67	
2	Female	47	Bhubaneswar	Husband	65	70	
3	Female	38	Bangalore	Husband	51	66	
4	Female	46	Hyderabad	Husband	67	71	
5	Female	50	Bangalore	Husband	68	72	
6	Female	36	Bengaluru	husband	60	70	
7	Female	38	Bengaluru	Husband+Kids	62	72	
8	Female	47	Delhi	hus+inlaws	61	68	
9	Female	36	Bangalore	husband	57	71	
10	Female	39	Bangalore	husband	66	72	
11	Male	49	Pallipat	wife	60	68	
12	Female	39	Bangalore	husband	60	67	
13	Female	37	New Delhi	Parents	52	65	
14	female	48	Hyderabad	husband	43	66	
15	Female	45	Bangalore	husband	60	70	
16	Female	44	Bangalore	husband	70	73	
17	Female	49	Bangalore	husband	56	69	
18	Female	47	Chennai	husband	69	73	
19	Female	48	Andhra	children	71	73	
20	Female	49	Vijayawada	Husb+fmly	53	65	
21	Female	57	Mysore	Husb++maid	59	69	
22	Female	64	Bangalore	husband	57	70	
23	Female	43	Rajahmundry	husband	50	70	
24	Female	51	Bangalore	husband	58	72	
25	Female	45	Madurai	husband	50	65	
26	Female	55	Visakhapatnam	husband	70	72	
27	Female	36	Hyderabad	husband	60	70	
28	Female	78	Vijayawada	daughter-in-law	43	65	

Study Design

A mixed-methods, one-group, pretest-post-test quasi-experimental

design was adopted (Braun & Clarke, 2006; Creswell, 2017). This method is often used in social sciences, education, and public health

research when classic two-group experimental designs are not feasible or not ethical (Capili & Anastasi, 2024).

Intervention

- YPV protocols included Physical exercises, Breathing exercises, Forgiveness Sadhana and Planetary Peace Meditation (PPM), which are practiced by participants daily at their convenience.
- Online YPV Level 3 Healing for relationships (25 minutes daily) conducted regularly for 30 days.

Measures and Data Collection

Quantitative Data: Responses to the Family Relationships Questionnaire (15 items, 5-point Likert scale) administered pre- and post-intervention. The Family Relationships Questionnaire employed in this study utilized a 5-point Likert scale (1 = *Strongly Disagree* to 5 = *Strongly Agree*), a widely recognized format for measuring attitudes and perceptions in social science research. The 15 items were designed to capture multiple dimensions of family functioning, including emotional closeness, communication, support, trust, conflict resolution, and shared values. Although the instrument was developed contextually for this study, its domains align closely with validated measures in family research:

Family Relationship Scale (FRS; Ng & Hurry, 2011): Items on emotional closeness, communication, support, and trust reflect constructs measured in the FRS. The Family Relationship Scale (Ng & Hurry, 2011) assesses family relationships and the quality of sibling-adolescent and parent-adolescent relationships. This is modified from a 14-item scale which has been utilized in a UK context. The Cronbach's alpha coefficient for the Family Relationship Scale was satisfactory (.69-.76) and the mean inter-item correlation was .15. Test-retest reliability over a 6-month period was .70.

Family Adaptability and Cohesion Evaluation Scales (FACES IV; Olson et al., 2011): Items on cohesion, conflict resolution, shared values, and family identity correspond to domains within FACES IV. The six scales in FACES IV were found to be reliable and valid. High levels of concurrent, construct, and discriminant validity were found and new ratio scores measure the balanced and unbalanced level of cohesion and flexibility. Thus, the questionnaire used in this study can be described as a contextual adaptation of validated family relationship measures, integrating elements from both the FRS and FACES IV while retaining the Likert response format for consistency and comparability. This alignment strengthens the instrument's construct validity and situates it within established family systems research.

Qualitative Data: Post-test feedback from transcripts of voice audio responses and/or emails analysed thematically.

Results

Quantitative Analysis

As shown in Table 1, the pre-test scores ranged from 43-71, post-test scores from 65-73. The mean score improved from 58.92 to 69.32 (17.7%), indicating significant enhancement in family relationships. Improvements were found to be consistent across diverse relationship contexts (spouse, children, parents, in-laws).

Qualitative Analysis

Thematic analysis of 28 transcripts from participants' feedback

revealed nine themes shown below along with two relevant quotes (Initials in brackets indicate code name of participant for concealing identity).

Improved Communication: Improved communication fostered mutual trust. This happened with a shift from reactive to proactive dialogue, where family members actively and freely listened to each other to understand rather than just to respond. This theme reflects a decrease in ambiguous or dysfunctional communication and an increase in the clear expression of needs, thoughts and feelings. By adopting nonviolent and effective communication strategies, families reported fewer misunderstandings and a more collaborative approach to handling issues.

- "Communication of my husband with me enhanced and also that helps me to understand his situation better." (MN)
- "We have slowly started to become more expressive, and there is less hatred and pent-up emotions." (SU)

Emotional Connection and Harmony: Families moved beyond surface-level interactions to cultivate a deeper sense of belonging and mutual support. This theme shows emergence of emotional resilience when members feel accepted and safe enough to share their views. Such connections strengthen bonding with empathy replacing judgment, fostering long-term stability and warmth

- "We have a harmonious relationship. Now, I am cool. He understands me." (SS)
- "Entire family harmony improved a lot." (SH)

Forgiveness and Acceptance: This theme represents the process of releasing resentment without hurting and embracing the flaws of others with a spirit of mutual accommodation. Participants described the process as a catalyst for healing, allowing them to move past historic conflicts without the burden of past grievances. Acceptance of individual differences within the family unit emerged as a key factor in reducing interpersonal tension.

- "Forgiveness sadhana helped to maintain healthy relationship and to forget all pains." (MN)
- "We are seeing each other's viewpoint as valid." (AN)

Quality Time Together: This theme emphasizes the essential and intentional creation of being together physically, mentally and emotionally, enjoying the moments they co-create that anchor the family unit. Rather than just sharing the same roof, families reported higher satisfaction when engaging in undistracted activities that foster group cohesion and enjoying together. These moments serve as essential building blocks for strong families.

- "We started spending a lot of time together, watching movies, going to temples." (JR)
- "More spending quality time together has improved." (VR)

Reduced Anger and Stress: Participants reported a significant reduction in reactive behaviours such as anger. Anger is a common weakness in most people, regardless of the stress they undergo. The single most disturbing factor in human relationships is undue and unfair display of anger. Studies show that mindfulness practices help de-escalate conflicts.

- "Their anger was reduced." (AR)
- "Stress levels have reduced a lot." (NA)

Personal Growth and Self-Understanding: This theme represents a very important aspect of human development, with self-awareness and growth through familial interactions. As members grew in self-awareness, they became more capable of contributing positively to

the family dynamic. Family relationships often serve as a mirror for [individual evolution], prompting members to reflect on their own behaviours and triggers.

- “I became bolder in expressing my need with more clarity.” (MS)
- “I have learned to understand myself better and respond better.” (PK)

Family and Children's Well-being: The study found that a positive, nurturing environment is fundamental to a child's general well-being. By prioritizing well-being over performance, families fostered a sense of flourishing for both parents and children alike. This holistic approach ensures that the family remains a source of strength rather than a source of stress.

- “My daughters were less cranky and more playful.” (NA)
- “Children acceptance increased.” (SB)

Responsibility and Practical Improvements: This theme highlights the shift toward shared accountability and more organized household management. Improved coordination in daily chores and financial responsibilities reduced the friction associated with logistical tasks. These practical enhancements created a more efficient and functional living space

- “Now, I will discuss my husband's financial matters.” (PR)
- “He has been more responsible and caring towards family.” (SS)

Spiritual Gratitude and Transformation: This theme captures the transcendent quality of family bonds, where members express [gratitude for their collective journey. Many families described a spiritual transformation characterized by a willingness to sacrifice for the greater good of all in the unit. Integrating values and practices led to a deeper sense of purpose and mutual respect.

- “This made miraculous changes in our family.” (BN)
- “Sea change in our lives.” (AG)

Discussion

This study examined the outcomes of a quasi-experimental intervention using Yoga Prana Vidya (YPV) protocols to improve family relationships. A mixed-methods design was employed with 28 participants who underwent a 30-day intervention including physical exercises, breathing techniques, forgiveness sadhana, meditation, and relationship healing sessions. Quantitative data were collected using a 15-item Family Relationships Questionnaire (Likert scale), while qualitative feedback was obtained from transcripts and emails. Results showed statistically significant improvements in family relationship scores. Literature search shows research is lacking on this topic of Yoga Prana Vidya (YPV) group healing intervention for improving family relationships, so a comparison with similar studies has not been possible.

Thematic analysis from this study revealed nine key themes: improved communication, emotional connection, forgiveness and acceptance, quality time together, reduced anger and stress, personal growth, family well-being, responsibility and practical improvements, and spiritual gratitude. Findings suggest that YPV interventions can foster harmony, emotional closeness, and resilience in family systems.

Findings demonstrate that YPV interventions significantly improved family relationships both quantitatively and qualitatively. The integration of forgiveness practices, meditation, and energy healing fostered communication, emotional closeness, and stress reduction. The results align with existing literature on family

cohesion scales (Ng & Hurry, 2011; Olson, 2011) suggesting that YPV can be a culturally relevant adaptation for Indian families.

In the matter of improving family relationships, literature shows other types of interventions such as Family therapy, mindfulness-based processes exist. For example, a study by Boeger (2020) indicates that families who practice yoga together may have healthier family functioning. Study results highlight the potential of yoga as a therapeutic intervention for clinicians working with families. Psychiatry evolved family therapy protocols working with families that involves education, counselling, and coping skills with families of different psychiatric disorders. Various interventions exist for different disorders such as depression, psychoses, child, and adolescent related problems and alcohol use disorders (Varghese et al., 2020). Delghandi et al. (2024) found that the effect of structural family therapy on couple's cohesion and adaptability was greater than that of mindfulness-based family therapy. In the ultimate analysis, what distinguishes YPV intervention for improving family relationships when compared to other types of intervention, is the application of integrative and holistic system of energy healing protocols causing multidimensional effects on the subjects physical, mental, emotional and spiritual dimensions.

Limitations of the Study

The limitations of this study are: small sample, no control group, and use of an adapted scale with unknown validity and reliability. Nevertheless, the outcomes offer scope for further developments in this concept.

Conclusion

The quasi-experimental intervention using YPV protocols effectively enhanced family relationships, promoting harmony, emotional well-being, and resilience. Future studies with larger samples and control groups are recommended to strengthen generalizability.

Acknowledgments

We thank all participants and the associated YPV community for their guidance and support. Our thanks are also to Sri Ramana Trust (Thally-635118, Tamil Nadu) for permission to use their copyright terms Yoga Prana Vidya System®, and YPV®.

References

- Allendorf, K. (2012). Women's agency and the quality of family relationships in India. *Population Research and Policy Review*, 31(2), 187-206. <https://doi.org/10.1007/s11113-012-9228-7>
- Baumrind, D. (1991). The influence of parenting style on adolescent competence and substance use. *Journal of Early Adolescence*, 11(1), 56-95.
- Boeger, Gabriella H (2020). *Yoga through a systemic lens: The impact of yoga practice on self-compassion, couple satisfaction, and family functioning*. Purdue University Graduate School. Thesis. <https://doi.org/10.25394/PGS.12164238.v1>
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77-101. <https://doi.org/10.1191/1478088706qp0630a> (doi.org in Bing)
- Capili, B., & Anastasi, J. K. (2024). An introduction to types of quasi-experimental designs. *The American Journal of Nursing*, 124(11), 50-52. <https://doi.org/10.1097/01.NAJ.0001081740.74815.20>
- Chinnusamy, M., Sukumar, A., & Nanduri, V. S. (2025a). Role of yoga prana vidya in healing psychosomatic disorders: A multiple case study in a family setting. *International Journal of Advances in Medicine*, 12(03), 315-319. DOI: <https://dx.doi.org/10.18203/2349-3933.ijam20251083>
- Chinnusamy, M., & Nanduri, V.S. (2025b). Multidimensional transformation through yoga prana vidya (YPV) healing: A case study of relationship, health, and financial

- recovery. *Worldwide Journal of Multi-disciplinary Research and Development*, 11(10), 17-20. <https://www.jmrd.com/archive/2025/10/2408/multidimensional-transformation-through-yoga-prana-vidya-ypv-healing-a-case-study-of-relationship-health-and-financial-recovery>
- Creswell, J. W., & Plano Clark, V. L. (2017). *Designing and conducting mixed methods research* (3rd ed.). Sage Publications.
- Delghandi, B., & Namani, E. (2024). Comparing the effectiveness of structural family therapy and mindfulness-based family therapy in cohesion and adaptability in couples with marital dissatisfaction. *Heliyon*, 10(4), e24827. Doi: 10.1016/j.heliyon.2024.e24827. PMID: 38404907; PMCID: PMC10884341.
- Eyeberg, S. M. (1998). Parent-child interaction therapy: Integration of traditional and behavioral concerns. *Child and Family Behavior Therapy*, 10, 33-46.
- Kumar, U., Singh, R., & Nanduri, V.S. (2024). Relationship healing using yoga prana vidya (YPV) healing protocols: An in-depth case study. *International Journal of Research Granthaalayah*, 12(11), 28-35.
- Nanduri, V.S., & Jain, V. (2025). A Randomised control Trial of the influence of the yoga prana vidya (ypv) online healing technique on the well-being of it professionals. *International Journal of Research Granthaalaya*, 13(03), 151-168. online link <https://www.granthaalayahpublication.org/journals/granthaalayah/article/view/6010> Doi: DOI 10.29121/granthaalayah.v13.i3.2025.6010
- Neravetla, J.R., & Nanduri, V. S. (2025). Integrative health practices and holistic health: the role of the integrated yoga prana vidya (YPV) system as complementary and alternative medicine. *Advances in Integrative Health Practices*, 1(1), 31-38.
- Neravetla, J.R., Nanduri, V.S. (2024). Role of Yoga Prana Vidya (YPV) system in the successful management of metabolic diseases: A review. *IP Journal of Nutrition, Metabolism and Health Science*, 7(4), 136-140. <https://www.jnmhs.com/article-details/23404> <https://doi.org/10.18231/j.ijnmhs.2024.025>
- Ng, C. S. M., & Hurry, J. (2011). *Family Relationship Scale* [Database record]. APA PsycTests. <https://doi.org/10.1037/t32552-000>
- Olson, D. H. (2011). FACES IV and the Circumplex Model: Validation study. *Journal of Marital and Family Therapy*, 37(1), 64-80. <https://doi.org/10.1111/j.1752-0606.2009.00175.x> PMID 21198689
- Richardson, R. A., Harper, S., Bates, L. M., & Nandi, A. (2019). The effect of agency on women's mental distress: A prospective cohort study from rural Rajasthan, India. *Social Science and Medicine*, 233, 47-56. <https://doi.org/10.1016/j.socsci.med.2019.05.052>
- Sidana, J. (2024). Ch.10. towards a sociology of "new family" in India". In V. Chandra and S. L. Blair (Eds.). (2024). *Indian families: Contemporary family structures and dynamics*. Emerald Publishing Limited. <https://doi.org/10.1108/S1530-3535202426>
- Vadlamudi, N., & Rangiseti, S. (2025). Impact of family dynamics on well-being: insights from indian young adults. *Indian Journal of Health Studies*, 07(01), 89-107.
- Varghese, M., Kirpekar, V., & Loganathan, S. (2020). Family Interventions: Basic Principles and Techniques. *Indian Journal of Psychiatry*, 62(Suppl 2), S192-S200. https://doi.org/10.4103/psychiatry.IndianJPsychiatry_770_19

Received March 30, 2026

Revision received April 13, 2026

Accepted April 18, 2026