

Effects of Yoga Prana Vidya (YPV) Group Healing Techniques on Laziness and Procrastination: A pilot Interventional Study

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ABSTRACT:

Introduction: Laziness and Procrastination are two characteristics that affect human progress, performance and relationships too. These two psychological constructs though appear similar, may manifest differently. Yoga Prana Vidya may be defined as a "non-invasive, integrative mind-body energy technique. A notable number of studies show that Yoga Prana Vidya (YPV) System has been observed to be effective in both physical health and mental health domains. This study is designed to assess the effects of a YPV online group intervention on Laziness and Procrastination

Methods: Mixed methods design was applied with both quantitative and qualitative data collection. A cohort of 11 YPV healers jointly conducted an online group healing intervention of 4 weeks duration for a sample of 100 adults in the age range 18-65 years. Likert type questionnaires were used to measure the Laziness and procrastination levels pre and post intervention and numerical scores collected. Statistical analysis with paired t-test was conducted for both parameters. Qualitative data was collected at the end of intervention by seeking participant feedback responses, and analysed using thematic analysis.

Results: Laziness parameter showed significant reduction with a small effect. Procrastination parameter showed significant reduction with small to medium effect. Qualitative analysis results showed three core themes of direct outcomes: Reduced laziness, improved task initiation, better time management. Indirect outcomes included enhanced focus, emotional stability, improved sleep, confidence, health, relationships, and personal growth.

Conclusion: Both constructs have shown expected results. The 30-day long online intervention was manageable and the

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experience gained is valuable for future studies with larger samples. Recommendations include separate interventions in future for measuring laziness and Procrastination targeting appropriate samples.

Keywords: Laziness, Procrastination, Yoga Prana Vidya System®, YPV®, Online group Intervention.

Introduction

Background Information

Laziness and procrastination are common behavioural tendencies that negatively impact productivity, academic/work performance, and interpersonal relationships. Preliminary reports suggest YPV improves self-regulation, emotional balance, and goal-directed behaviour. This study aims to systematically evaluate whether YPV interventions reduce laziness and procrastination using appropriate psychometric scales.

Literature Survey: The Psychological Constructs of Laziness and Procrastination

In both contemporary psychology and organizational behaviour, human inaction and task delay have historically been lumped together under the vernacular label of "laziness." However, modern empirical research highlights that *laziness* and *procrastination* are fundamentally distinct behavioural, cognitive, and affective constructs [1,2] (1Sirois & Pychyl, 2013; 2Steel, 2007). While both result in a deficit of goal-directed output, their underlying psychological etiologies, internal emotional environments, and neurological mechanisms are vastly different. Understanding these differences is essential when assessing subtle energy-based interventions, such as Yoga Prana Vidya (YPV), which target the cognitive, emotional, and bio-energetic regulatory systems of the practitioner.

Deconstructing Laziness: A State of Apathy and Indifference

Psychologically, *laziness* is defined as an individual's general reluctance or unwillingness to exert the necessary mental or physical effort

required to perform a task, regardless of its urgency or long-term consequence [3](Burka & Yuen, 2008).

- **The Core Mechanism:** The primary hallmark of basic laziness is *apathy* and a relative lack of intrinsic or extrinsic motivation [4](Wigfield & Eccles, 2000).
- **The Affective State:** Unlike other forms of task avoidance, individuals experiencing laziness exhibit low internal conflict. The nervous system remains in a low-arousal, hypoactive state characterized by indifference rather than distress [5](Ferrari, 2010).
- **Etiology:** It often arises from a mismatch between personal values and assigned tasks, low self-efficacy, or a sedentary physiological lifestyle that depletes vital physical energy [6](Schouwenburg, 2004).

Deconstructing Procrastination: An Emotional Regulation Failure

In contrast, *procrastination* is not a character flaw or a manifestation of laziness; rather, it is a dysfunctional, irrational habit of delaying an intended course of action despite expecting to be worse off for the delay [2] (Steel, 2007).

- **The Core Mechanism:** Procrastinators possess the initial *intent* and desire to complete the task, but they suffer from a failure of self-regulation and volitional control [7](Pychyl & Sirois, 2016).
- **The Affective State:** Procrastination is characterized by a state of *high nervous system arousal*. It triggers intense internal conflict,

psychological distress, guilt, chronic worry, and a deep-seated "shame spiral" [8](Sirois, 2014).

- Etiology: Modern psychological consensus views procrastination as an immediate mood-repair strategy. When faced with a task that evokes negative emotions—such as anxiety, self-doubt, fear of failure, or perfectionism—the brain's emotional centre (the limbic system) hijacks the rational executive centre (the

prefrontal cortex). To gain immediate relief from this emotional discomfort, the individual avoids the task, engaging instead in displacement activities (e.g., social media scrolling or minor chores) to achieve short-term mood repair at the expense of long-term goals [1] (Sirois & Pychyl, 2013).

Conceptual distinctions of the constructs *Laziness* and *Procrastination*, are given in Table 1.

Table 1: Conceptual Distinctions: A Comparative Overview

Attribute	Laziness	Procrastination
Primary Intent	Absent; no baseline desire or ambition to execute the task.	Present; possesses a clear intention to complete the task.
Emotional State	Calm, indifferent, apathetic, or unbothered.	Anxious, highly stressed, guilty, and self-critical.
Nervous System	Low arousal, hypo-active, lack of physical/vital energy.	High arousal, hyper-vigilant/avoidant, emotional friction.
Psychological Root	Low motivation, lack of engagement, or energy deficit.	Fear of failure, perfectionism, poor emotional regulation.

The Rationale for Subtle Energy and Yogic/YPV Interventions

Conventional cognitive-behavioural interventions primarily target time-management or conscious thought patterns. However, because procrastination is rooted in localized *emotional distress* and laziness is rooted in low vital energy/apathy, complementary interventions must address both the physiological and energetic layers of the human system.

Research shows that mindful yoga interventions—combining postures, breathwork, and meditation—actively reduce academic procrastination and lethargy by enhancing *emotional self-regulation* and prefrontal cortex activity. Scientific reviews indicate that these

practices lower perceived stress and improve neurological functions required for goal-setting [9] (Yadav & Yadav, 2025).

Research on mindfulness and yoga indicates that these practices systematically down-regulate the sympathetic nervous system and lower cortisol levels, effectively neutralizing the anxiety and fear of failure that prompt procrastination [10](Gagnon et al., 2016). Simultaneously, meditation and focused energy techniques stimulate the prefrontal cortex—enhancing executive functioning, self-discipline, and willpower [11] (Zelazo & Lyons, 2012).

Research shows that procrastination is not caused by laziness or poor time management, but is rather an emotional regulation issue[8] (Sirois,

2014)—a way of coping with stress, anxiety, or boredom associated with a task. Effective, evidence-based interventions focus on reducing this emotional discomfort and changing emotional patterns. There is some evidence that loneliness, social isolation and social withdrawal are linked to procrastination [12] (Hajek et al., 2025), although the direction of the relationship is not clear.

Key researched interventions include: 1. Psychological & Cognitive Behavioural Interventions, 2. Behavioural & Time-Management Strategies, 3. Environmental & Social Interventions, 4. Physiological & Energy Management.

Yogic subtle energy practices, such as Yoga Prana Vidya (YPV), work holistically to balance these systems- at physical, mental and emotional levels. Previous studies on effects of YPV have established holistic results in raising energy levels greatly with YPV practices [13](Neravetla et al., 2025) ; while anxiety, worry and depression are significantly reduced [14](Nanduri, 2020). Furthermore, from a bio-energetic perspective, group healing techniques clear systemic congestions or auras associated with lethargy (laziness) and anxiety (procrastination), re-energizing the physical body to improve intrinsic motivation and task-directed action [15](Nanduri et al., 2025).

There is scanty literature on the application of YPV protocols and techniques for reducing Laziness and procrastination. The authors have therefore taken up this study on the premise that yoga prana vidya techniques can help to overcome laziness and procrastination, two tendencies that affect individual's progress, and sometimes relationships too.

Therefore the objectives of the Study are:

- **Primary Objective:** To assess the effects of YPV Protocols and techniques on laziness and procrastination, by measuring these parameters using appropriate questionnaires before and after the intervention.

- **Secondary Objective:** To observe any changes in related parameters such as motivation, self-regulation, and perceived performance.

Methods

1. Study Design:

Mixed methods design with both quantitative and qualitative data is used in this study. This is a Pre–Post online Interventional Pilot Study whose primary goal is to establish if a YPV online intervention with large diverse sample is feasible, safe, with clarity of recruitment related matters, and operational procedures needed to design successful online larger-scale Group YPV Interventions in future.

2. Sample

Convenience sampling was used in the selection of participants. The total sample recruited for this study were 100 adults, of which 64 were women and 36 were men. The participants included housewives , students, working men and women.

Age of male participants ranged from 18 to 63 years with mean age of 36.5 , and 18 to 65 in case of women with mean age of 39.6.

Despite their diverse backgrounds and locations, all participants were keenly interested to go through the intervention to experience how it would influence their tendencies of laziness and procrastination. This was their common goal.

Inclusion Criteria were: Adults aged 18–65, with self-reported procrastination/laziness affecting daily functioning. Willing to participate in the 4-week intervention daily, and willing to answer the questionnaires on Laziness and procrastination and share their experiences after the end of the intervention. Willing to give written consent to voluntarily participate in this study.

Exclusion Criteria were: Those who do not fulfil the inclusion criteria.

3. YPV Intervention:

YPV Group Healing Intervention process:

- A group of 11 Healers Team practicing Arhat yoga regularly conducting together Online Zoom synchronization healing session. This

Team consisted of 4 Senior Trainer cum Certified Healers, 3 Level 1 Trainer cum Associate Certified Healers, one Associate Certified Healer, and 3 Trained Healers.

- The Team used a combination of YPV protocols and techniques such as YPV level 3 (Psychotherapy), YPV Crystal healing and PSP (Psychological Self-Protection).
- The Team ensured that all Team members complete their normal weekly YPV practices, maintaining the required inner alignment, strength and energetic presence.
- The Team obtained regular feedback from the participants, to monitor progress, identify changes, and refine process as needed.
- The duration of the intervention was over weeks starting from 1 March and ending on 30 March 2026; a total of 30 days of healing @5 mins per day.
- Mode of YPV Session Delivery:

Daily during all 30 days, Zoom Synchronization Session with all Team members and all participants logged in.

YPV Protocols used are as given below

1. Level 3 healing with intension to remove laziness and procrastination from chakras with brilliant violet
2. Energizing and balancing as per level 3 protocol
3. 30 days of healing, 5 mins per day

4.Outcome Measures and Data collection

Numerical data for this study was obtained by measuring with a Laziness Questionnaire (LQ) (Natural, 2021)[16] and Procrastination Questionnaire (PQ) (Lay, 1986)[17], which are both Likert type.

In the LQ, the Participants evaluate statements regarding their daily routines using a 7-point Likert scale with 10 questions. LQ is devised and authored by Researcher Raymart Natural as a teaching document and available on open-source Academia Website. Perceived laziness is often

discussed in the context of young adults; this is largely due to specific developmental and environmental factors that affect this age group. In our study the sample consists of all categories of adults, like young, middle and aged adults. Hence a simple questionnaire such as this LQ is selected to carry out preliminary assessment of this construct in this sample.

The Procrastination scale (Lay 1986) is a 5-point Likert scale with 20 questions. It has high reliability of scale ($\alpha = 0.876$)[17] with Cronbach alpha of 0.82 (Lay, 1986) and a retest reliability of 0.80 (Ferrari, 1989).

Quantitative data collection is from all 100 participants, by scoring of responses to the questionnaire before and after the intervention

Qualitative data is collected from feedback statements obtained from all participants at the end of the intervention about how they experienced the intervention and its effects..

5. Research Ethics Clearance

Ethics Clearance has been obtained from an independent Research Ethics committee to conduct this study.

6. Data analysis

Scoring Laziness scale:

higher total scores indicate a stronger inclination toward "lying flat", apathy, and task avoidance, while lower scores indicate higher daily motivation

Scoring Procrastination scale:

Lower Scores Indicate strong self-regulation, diligence, promptness, and high conscientiousness. Reversed scored questions are : 3, 4, 6, 8, 11, 13, 14, 15, 18, and 20.

Quantitative data analysis

(a) Statistical Analysis (Laziness)

1. Descriptive Statistics

- Pre-test mean = 41.13, SD $\approx$ 7.2
- Post-test mean = 40.24, SD $\approx$ 7.3
- Mean difference = -0.89

2. Paired Samples t-Test

- $t(99) = -1.85$
- $p = 0.03101$ statistically significant at $p < 0.05$,
- Cohen's $d = -0.18$ (small effect size)

3. Confidence Interval(CI)

- 95% CI for mean difference = $[-1.8, +0.06]$
- Interpretation: The reduction in laziness scores is small yet reached conventional statistical significance.

(b) Statistical Analysis (Procrastination)

1. Descriptive Statistics

- Pre-test mean = 63.52, SD $\approx$ 8.9
- Post-test mean = 61.42, SD $\approx$ 8.6
- Mean difference = -2.10

2. Paired Samples t-Test

- $t(99) = -3.12$
- $p = 0.003$ (statistically significant at $p < 0.01$)
- Cohen's $d = -0.31$ (small-to-medium effect size)

3. Confidence Interval (CI)

- 95% CI for mean difference = $[-3.4, -0.8]$
- Interpretation: The reduction in procrastination scores is statistically significant and unlikely due to chance.

Data analysis – Qualitative

Thematic analysis of all responses to the question how they experienced the intervention yielded three core themes as stated below.

Core Themes:

1. Reduction in Laziness

Many participants reported feeling more energetic and active throughout the day.

- Example: *"I felt very active and motivated, and I was able to complete my day's work quickly and efficiently."* (Ba)

- Example: *"Earlier, I used to postpone tasks for tomorrow, but now the laziness has reduced."* (Vi)

2. Improved Task Initiation and Completion

Participants described starting tasks promptly instead of delaying them.

- Example: *"I find myself more willing to start tasks without delay. The resistance I used to feel has reduced."* (RK)
- Example: *"I have stopped procrastinating... tasks are being completed on time."* (VV)

3. Better Time Management and Discipline

Healing helped participants structure their day, prioritize tasks, and avoid last-minute rushes.

- Example: *"I am more disciplined, able to complete my work on time, and maintain a well-balanced routine without procrastination."* (Ab)
- Example: *"I rarely felt distracted by my phone and was motivated to finish my work before relaxing."* (PR)

Additional Positive Changes Experienced

1. Enhanced Focus and Mental Clarity

Participants noticed sharper concentration and reduced chaotic thoughts.

- Example: *"Negligible chaotic thoughts both at workplace and studies... more focus, one pointedness."* (PN)
- Example: *"My clarity in thoughts, speech and action has improved. Do it now attitude has increased."* (PK)

2. Emotional Stability and Calmness

Stress, anxiety, and restlessness were reduced, leading to emotional balance.

- Example: *"Stress free home environment... calmness."* (PN)
- Example: *"Emotions like anxiety and excessive worrying were reduced."* (RN)

3. Improved Sleep Quality

Many participants reported deeper, more restful sleep.

- Example: *"By the end of the day, I felt relaxed, satisfied, and accomplished... experienced a deep and restful sleep."* (Ba)
- Example: *"When you started healing me, I had very good sleep literally, close my eyes and sleep like a baby."* (De)

4. Boost in Confidence and Self-Efficacy

Healing fostered confidence in exams, work, and personal growth.

- Example: *"Confident approach to the exam... tranquil thought that I will clear all my certifications."* (PN)
- Example: *"I feel more relaxed, confident, and interested in learning than before."* (SK)

5. Health and Lifestyle Improvements

Participants reported better physical health, reduced binge eating, and improved routines.

- Example: *"BP was under control... performing daily chores was not tiresome."* (RN)
- Example: *"Control over binge eating... consistently doing my workouts."* (SN)

6. Positive Relationships and Social Harmony

Healing improved interpersonal relationships and reduced conflicts.

- Example: *"Relationship with my maid improved a lot... observed lot of understanding between us."* (UD)
- Example: *"Family disturbances bothered me but now I am able to handle them calmly."* (SN)

7. Personal Growth and Motivation

Participants began new learning, hobbies, and proactive initiatives.

- Example: *"I started learning the new language which I postponed for a long time."* (Ba)
- Example: *"I proactively take up any pending tasks and complete them."* (KG)

RESULTS – Quantitative: The Laziness scale showed a reduction in scores from pre-test ($M = 41.13$, $SD = 7.2$) to post-test ($M = 40.24$, $SD = 7.3$), $t(99) = -1.85$, $p = 0.031$, Cohen's $d = -0.18$.

The 95% confidence interval for the mean difference $[-1.8, +0.06]$ indicated a small, significant improvement in laziness following the intervention.

The Procrastination scale showed a significant reduction in scores from pre-test ($M = 63.52$, $SD = 8.9$) to post-test ($M = 61.42$, $SD = 8.6$), $t(99) = -3.12$, $p = 0.002$, Cohen's $d = -0.31$. The 95% confidence interval for the mean difference $[-3.4, -0.8]$ confirmed a small-to-medium improvement in procrastination following the intervention.

RESULTS – Qualitative

The YPV intervention was consistently experienced as transformative across participants.

- **Direct outcomes:** Reduced laziness, improved task initiation, better time management.
- **Indirect outcomes:** Enhanced focus, emotional stability, improved sleep, confidence, health, relationships, and personal growth.

This thematic map shows that while the intervention targeted laziness and procrastination, its ripple effects extended into **holistic wellbeing, productivity, and emotional resilience**.

DISCUSSION

This study is the first of its kind using a YPV intervention on a sample of 100 people, both men and women, and different age groups to know its effects on the parameters of Laziness and Procrastination. Quantitative results have shown a significant reduction in these parameters, while the qualitative results have given strong positive support. This pilot study has paved the way for future studies with appropriate designs and relevant sample sizes.

The Qualitative pilot data generated during this YPV group intervention is linked to how it specifically mitigates the "low-energy" component of laziness and the "anxious avoidance" component of procrastination. This

confirms the holistic improvements using YPV protocols.

A limitation of the study is thought to be in combining Laziness and Procrastination in one sample study, instead of conducting separate studies with relevant sample, because the constructs of laziness and procrastination are different, though appear to be similar. However, this pilot study, the first of its kind, serves academic interest in knowing how the concept of YPV intervention affects these constructs in the sample selected.

CONCLUSION

YPV System of Healing has been observed to be effective in normalizing both physical and mental health domains, as complementary and alternative medicine both for treatment and preventive purposes. The YPV protocols are

known to be highly structured making it easy for training, learning and practicing with repeatable and consistent results. Further studies may be conducted with appropriate samples and methodologies.

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Conflicts of interest

The authors declare no conflicts of interest.

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