# The Impact of the Interplay of Theoretical Framework of Brahma Kumaris' Raja Yoga Affirmations and Framework of AI Prompting Vocabulary on Mental Wellbeing among High School Students Aged 14 Years in Hyderabad

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**Abstract**

*Educators, Experts in psychology and long time practitioners of Brahma Kumaris Rajyoga in collaboration, have been addressing Mental Well-being issues among various populations, in relation to implementation of Brahma Kumaris Rajyoga affirmations in Educational Institutions. They have developed and employed different mental wellbeing improvement modules based on various types on interplay of theoretical framework. Though AI experts contributed their expertise in every other branch of knowledge such as Physics, Bio-technology, Aeronautical Engineering and Bio-chemistry, less synergy has been made between Brahma Kumaris Rajyoga meditation and A.I prompting in improving Mental wellbeing among students in Educational Institution. The current research paper focuses on the impact of interdisciplinary frame work of Brahma Kumaris Rajyoga affirmation and A.I. Prompting to improve mental wellbeing among High school students in Hyderabad. The current study is based on the interplay of Theoretical Framework of Brahma Kumaris' Raja Yoga Affirmations and framework of AI Prompting Vocabulary Employing a pre-test/post-test control group research design with a sample size of 80 students aged 14 years as the participants of the study, reaped the results indicating statistically significant developments in self-reported mental wellbeing scores. The standardized Mental wellbeing Scale of Yellow Pond – Assessment Wing constructed by BK Vaduguri Madhavi and Dr. Suresh Kumar Murugesan, Phd has been employed to measure the performance of the participant in terms of mental wellbeing.The Mental Wellbeing Scale is grounded in several psychological theories and frameworks such as Ryff's Psychological Well-being Model (1989) and PERMA Model of Well-being (Seligman, 2011). The research study advocates the employment of the potential blending of Brahma Kumaris Rajayoga affirmations with modern A.I. Prompting in improving mental well-being among high school students not only in Hyderabad but also in other similar cities in India.*

**Keywords: Raja Yoga, Brahma Kumaris, mental wellbeing, positive affirmations, AI prompting vocabulary**

## Introduction

The experimental study aims to evaluate the impact of the interplay of Theoretical Framework of Brahma Kumaris' Raja Yoga Affirmations and framework of AI Prompting Vocabulary on the mental wellbeing of high school students in Hyderabad. The study investigates how spiritual affirmations rooted in Brahma Kumaris Raja Yoga practice, when combined with technologically guided interventions, improve psychological resilience, reduce stress, and increase the level of overall emotional health. Mental well-being improvement among high school students is one of the most focused research

area in the world.  While modern psychological interventions have shown promising mental wellbeing improvement, spirituality based methods such as Brahma Kumaris Rajayoga have not been tested with a combined effort from AI prompting to increase the level of mental wellbeing among High school students.  Combination of  Brahma Kumaris Rajyoga affirmations and A.I.Prompting opens a novel interdisciplinary frontier.

### Statement of  the Problem
Inspite of spiritual richness of Indian meditational culture and the development of A.I. Prompting, there is limited empirical research combining both independent variables (A.I.Promptings and Brahma Kumaris Rajyoga affirmations) to develop mental well-being of High School students.

The following are the Objectives of  the Study
1. To determine and compare  the impact of the interplay of Theoretical Framework of Brahma Kumaris' Raja Yoga Affirmations and framework of AI Prompting Vocabulary on the mental wellbeing of the participants in experimental group with that of  participants in the  controlled  group.
2. To implement the sessions of Brahma Kumaris Rajayoga based positive affirmations combined with AI-based prompting at select High schools in Hyderabad.

### Research Questions
1. Is there a statistically significant difference in mental wellbeing between students who receives the treatment and the students who don't  receive the treatment?.
2. How are the sessions of Brahma Kumaris Raja Yoga affirmations  combined with AI-prompting implemented?

### Hypotheses
### Null Hypothesis(Ho)
There  may be no significant difference in the mental wellbeing  scores of students exposed to Brahma Kumaris Raja Yoga affirmations with AI prompting and those who are not.

### Alternative Hypothesis(H1)
Students who receive Brahma Kumaris Raja Yoga affirmations through AI prompting may show significantly improved mental wellbeing compared to those in the control group.

### Literature Review
AI-driven prompts can remind users to stay on track with their wellness routines, thereby developing engagement and consistency

The intersection of  AI and spirituality has been explored in Education recently.  Integrative Techno-Spiritual Models suggests that AI promting , when aligned with spiritual practices and consciousness, can become a vehical for inner transformation.

Less number of experts in the recent Research has examined the mystical, transcendent, incorporeal, and nondual aspects of meditation practices.  The altered  states of consciousness triggered  by meditation and their  influence on psychological wellbeing were undertaken by Tart, in his scholarly investigation.

### Ontological Framework of Brahma Kumaris Rajyoga Meditation
The Brahma Kumaris Rajyoga worldview is characterized by non-materialistic, soul-centered metaphysical and incorporeal experiences resulting in increased level of purity, prosperity, peace and happiness. This worldview is deeply routed in 5 eternal principles namely consciousness of soul, consciousness of Supreme Soul, soul world, Knowledge about Eternal world cycle and law of karma.

### 1. The Consciousness of Soul
Understanding the soul  as the primary, indivisible, and eternal unit of sentient existence is called soul consciousness according to Brahma Kumaris Rajyoga. The soul, metaphysical point of light and energy  filled with seven divine virtues: peace, purity, love, joy, knowledge, bliss, and power reflects the supreme soul, the absolute source of  eternal virtues.

### 2. Consciousness of  The Supreme Soul (God)
The Supreme Soul, the absolute source of  eternal divine virtues as per his own introduction is an incorporeal, eternal being of pure super consciousness

and spiritual luminosity guiding to his long last now found sweet children (souls) to attain for liberation and liberation in life by sincerely and wholeheartedly following his directions (Shrimat) revealed in both Sakar and Avyakt Muralis (Godly versions through the medium of Prajapita Brahma ) during 1936 -2017.

### 3. The Soul World in Brahma Kumaris Ontology

The ontological framework of the Brahma Kumaris spiritual tradition is fundamentally grounded in a tripartite metaphysical model comprising the soul (atma), the Supreme Soul (Paramatma), and the World Drama Cycle (Kalpa). Central to this framework is the concept of the Soul World (Paramdham or Shantidham)—a non-material realm that serves as the eternal abode of all souls and the Supreme Being.

### 4. The Eternal World Drama Cycle

A unique ontological element in Brahma Kumaris philosophy is the concept of cyclical time. The entire drama of existence is understood to unfold in a preordained, repetitive cycle of 5,000 years, comprising four distinct epochs (yugas): the Golden Age (Satya Yuga), Silver Age (Treta Yuga), Copper Age (Dwapar Yuga), and Iron Age (Kali Yuga), followed by the Confluence Age (Sangam Yuga), a brief transitional period. Each soul descends into the cycle, playing a unique and predetermined role.

### 5. The Law of Karma and Rebirth

Integral to this framework is the law of karma, which governs the moral mechanics of the universe. All actions—whether mental, verbal, or physical—carry intrinsic consequences that shape the soul's experiences across lifetimes. Rebirth is seen as a necessary mechanism for the resolution of karmic accounts. However, through the practice of Rajyoga and the remembrance (smriti) of the Supreme Soul, individuals may transcend negative karmic cycles, attain soul purification, and ultimately experience liberation (moksha) or liberation-in-life (jeevan mukti).

The frame work of Brahma Kumaris Rajyoga Meditation consists of the following components:

1. Philosophical foundation
2. Core Practices
3. Core components of Rajyoga Life style
4. Seven core practices
5. 8 powers developed through Rajyoga
6. Outcome of Rajyoga practice
7. Integration in daily life and
8. Advanced concepts

### AI Prompting Vocabulary

AI Prompting Vocabulary refers to the set of terms, techniques, and linguistic patterns used when interacting with Artificial Intelligence (AI) systems—especially large language models (LLMs)—to generate, refine, or control their responses. It includes the words, commands, and structural cues that guide the AI in producing outputs aligned with the user's goals.

Frame work of A.I prompting Vocabulary consists of the following:

1. Instructional / Directive Phrases
2. Creative Prompting Phrases
3. Customization / Format Pharases
4. Role-Based Prompting
5. Clarity and Depth Enhancers
6. Analytical & Critical Pharases

### Research Gap

Nagesh, N. V., in his paper "Brahma Kumaris Raja Yoga meditation in modern times: Addressing current issues and applications", strongly recommends wide spread adoption of Rajayoga Meditation across various population by formulating effective strategies with apt research design in the continued research endeavors.

As the scientific research findings on Brahma Kumaris Raja Yoga meditation identified by Nagesh, N.V., in his review paper have created the pathways to fill the current research gap by employing rigorous research designs to improve mental wellbeing amoung individuals in the society.

After scrutinizing and analyzing critically a number of books, research articles, Phd. thesis on Brahma Kumaris Raja Yoga and Artificial

Intelligence prompting , the following research gaps are identified.

1. There is a strong evidence of  theoretical gap created by the failure of  current models to explain the impact of  Brahma Kumaris Raja Yoga practice among high school students.
2. As no research has been conducted  about the impact of Brahma Kumaris Rajayoga Affirmations practice in Hyderabad schools, geographical gap is popped up.

## Methodology
### Research Design
A true experimental pre-test, post-test control group design was employed. Two groups of  40 students each were assigned:

1. Control group (no intervention)
2. Experimental Group (intervention for 8 weeks)

### Population and Sampling
Universe: All 14 years aged High School students in the world.

Actual population : All 14 years aged High School students in India

Accessible Population:  All 14 years aged High School students in selected schools in   Hyderabad

Sample size: 80 students were selected for the study.(40 for controlled group and 40 for experimental group)

Sampling: Stratified random sampling from private and government schools to ensure diversity.

Experimental research design is employed to achieve research objectives.  SPSS software is used to analyze the data.

To compare the performance of participants of  experimental group with the performance of participants of control group 'Z-test' is conducted. Pre-test and post-test are conducted for the participants of  both group.

Students aged 14 years, studying 9th class at high school in Hyderabad is the accessible population as the research study.   Students aged 14 studying 9th class at select High Schools in Hyderabad scored 40-45% are accessable population of the research study.

The participants are from both gender, of  14 years of age from both Urban and semi urban area and similar socio-economic background.

The participants are 80 in number and many of them had no previous Brahma Kumaris Raja Yoga experience or  Artificial Intelligence prompting training.

Stratified sampling type in this study is a probability sampling method where the population is divided into distinct subgroups or strata based on the following characteristics.

1. Age  2. Gender  3. Rural/ Urban

The samples are drawn from each stratum proportionally.

The following steps are adopted in implementing stratified sampling in this study.

1. Defining the Target Population
2. Identify strata based on research variables
3. Deciding on Allocation Method
4. Selecting samples randomly from each stratum

The standardized Mental wellbeing Scale of Yellow Pond – Assessment Wing constructed by BK Vaduguri Madhavi and Dr. Suresh Kumar Murugesan, Phd  has been employed to measure the performance of  the participant in terms of the following dimension of  mental wellbeing.

• Emotional Well-being
• Psychological Resillience
• Self-Acceptance and Self-Esteem
• Autonomy and Independence
• Purpose and Meaning
• Interpersonal Relationships
• Personal Growth and Development
• Environmental Mastery
• Optimism and Positive Outlook
• Mindfulness and Presence

The Mental Wellbeing Scale is grounded in several psychological theories and frameworks that conceptualize well-being as a holistic construct. These theoretical foundations include:

• Ryff's Psychological Well-being Model (1989)
• PERMA Model of Well-being (Seligman, 2011)
• Self-Determation Theory (Deci & Ryan, 1985)
• Resillience and Stress Adaptation Frameworks

### Description of  Intervention
The purpose of the intervention is to measure the outcome in terms of  mental well-being among High

School students. During the intervention, the mental well-being of participants is influenced by the independent variable. The mental well-being of the participants which is controlled to get influenced by the independent variable is called dependent variable. During the treatment, the positive affirmations which are rooted in Brahma Kumaris Rajyoga and refined by AI prompting (Combined independent variable) is manipulated to estimate the degree of impact caused by the combined independent variable on the dependent variable i.e.mental wellbeing of the participants. The effect of Brahma Kumaris Rajyoga affirmation and AI prompting is examined on the dependent variable.

## Data Analysis
SPSS software is used to analyze the data by conducting Paired Z-test and Independent Z-test. Paired-test is used to compare pre-test and post-test scores within each group (controlled group and experimental group)

Independent Z-test is used to compare post-test scores between controlled group and experimental group.

Standard deviation = 10

## Standard Error (SE):
SE = $\sqrt{\frac{10^2}{40} + \frac{10^2}{40}}$ = 2.236

## Z-Statistic:
Z = $\frac{20 - 5}{2.236} \approx 6.71$
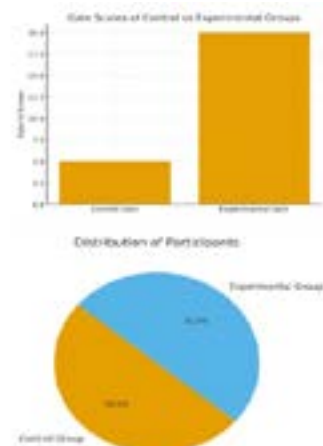Critical Z ($\alpha = 0.05$, two-tailed): 1.96
Since , the result is highly significant .

## Interpretation
The intervention model is very effective, producing a net gain of 15 points and the difference is statistically significant at the 0.05 level.

This means the observed improvement is unlikely due to chance.

## Charts





Bar Chart: Shows gain scores of control vs experimental groups.

Pie Chart: Shows equal participant distribution (40 each).

Comparison between the total average score of post test of Control Group and Experimental group
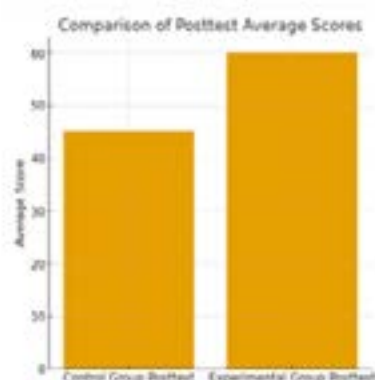
Here's the comparison of posttest averages between the two groups:

Posttest Averages
Control Group Posttest Mean: 45
Experimental Group Posttest Mean: 60
Difference: 15 points



The experimental group scored 15 points higher on average than the control group in the posttest.

This reflects the positive impact of the intervention model, showing substantial improvement compared to the control condition.

## Visualization

The bar chart (above) highlights the clear difference between the two groups, where the experimental group's posttest average is much higher.

Here is the pie chart showing the comparison of posttest average scores:

Control Group Posttest Average = 45 (42.9%)

Experimental Group Posttest Average = 60 (57.1%)

This visualization makes it clear that the experimental group contributes a larger share of the total posttest scores, reflecting the stronger impact of the intervention model.

## Results and Discussons

The findings suggests that

- Artificial Intelligence prompts enhanced consistency and motivation
- AI's regular reminders made spiritual affirmations habitual, positive feedback loops increased intrinsic motivation.
- Brahma Kumaris Rajyoga affirmations improved mental wellbeing as post intervention analysis showed improved emotional balance, psychological resilience and calmer responses to stress.

Many of the participants experienced that Artificial Intelligence prompts reinforced Brahma Kumaris Rajyoga affirmations to remind them to stay calm and peaceful.

## Recommendations

The recommendations are advanced at the following levels for translating findings into practical applications.

1. Practice Level – Educators, psychologists and stakeholders are advised to incorporate in service training programmes to train teachers in daily Artificial Intelligence guided affirmation practices.
2. Theoretical - Level- Existing economic theories are to be reviewed and the new models to be created to extend the Artificia Intelligence

prompted Rajyoga affirmations to improve mental wellbeing among students.

## Limitations of the Study

- Tech issues in under-resourced schools (low smartphone access)
- Some students did not take affirmations seriously until mid way results.
- Teachers needed training to understand Rajyoga terms.

To overcome these challenges - Spiritual EdTech must be demystified and democratized through teacher involvement and context-aware Artificial design .

## Conclusion

The interplay of framework of Raja Yoga affirmations and AI prompting Vocabulary offers a powerful new approach to 14 years aged High school students' mental wellbeing. By combining Brahma Kumaris Rajyoga affirmations with A.I. Prompting Vocabulary, this study proposes a replicable model for schools in India that makes inner transformation with digital reinforcement practically useful to the High School students. The study demonstrates that Artificial Intelligence prompts can operationalize Rajyoga affirmations in schools with significant impact on mental wellbeing, moral development and emotional regulation.

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