

Case Study: Changes in staff of Juvenile Home after learning Basic Course in Pranic Healing

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Introduction

The Juvenile Home in Karnataka, India, caters to housing and schooling children who are committed to it by court. These children are difficult to manage and psychologically disturbed because of their traumatic past, wide range of the family backgrounds, language problems, mental retardation, AIDS, blindness, & Physical handicaps. It is strenuous for the staff to do their duty. The staff appointed by the government functions as teachers, administrators and supervisors, and manages a series of such homes across the state. Most of the staff is not formally trained in the care of disturbed children. While a social worker is attached to each home, none have regular access to a psychologist or psychiatrist.

Children are usually housed here till the age of 18 years, at which time they are discharged into the community. While in quarantine, they are given formal schooling up to 12th grade (pre-university course). However, no technical or occupational training is offered. The set up has 9 institutions clustered in one campus, in different buildings.

Jun 25th: We were invited to visit and work in their institution. Seeing the enthusiasm of all assembled children & staff on 21st to 23rd Nov, we conducted the Basic Pranic Healing class for 26 staff members so as to give them techniques to cope with the job and understand what we are doing for individual Healing sessions for the children.

Meditation on Twin Hearts and the healing techniques experiences gave them empowered insight in giving, forgiving, and character building, and the satisfaction they get in healing others and relieving somebody's pain.

Results

Feedback after 3 months was that the staff was feeling very good, at ease & with peace, their attitude towards the children is changed, they feel it is possible that children can improve. They have better physical and emotional stamina. A few expressed that Pranic Healing should be available in their education curriculum & at Health center.

About the Author

Dr. Vrunda J. Pimpalkhute holds a MBBS – Bachelor of Medicine and Bachelor of Surgery degree, and a Post Graduate Degree (MD) in Internal Medicine from India.

Dr. Pimpalkhute is the Head of the Department of Holistic Cardiac Rehabilitation at M.S. Ramaiah Medical Teaching Hospital since 2003. She was formerly a faculty member in the department of Medicine in M.S. Ramaiah Medical College, Bangalore, India from January 1993 to July 1998. She is also a visiting faculty member for Bangalore University Department of Psychology.

Dr. Pimpalkhute was a Research Consultant and Principal Investigator for clinical research on Efficacy of Pranic Healing for non-cancer chronic pain at the Barnes-Jewish Hospital (Washington Medical School), St. Louis, MO, USA from August 1997 to July 1998. She is also a Consultant Physician & Research Director for All India Yoga Vidya Pranic Healing Foundation Trust since 1998.

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