

# **Effect of Pranic Healing on behavioral problem and school performance of Juvenile Home girls**

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## **Aims and Objectives**

To study the improvement in behavioral problems and school performance of Juvenile Girls with Pranic healing

## **Introduction**

Juvenile home in Karnataka, India is a government institution under child and women welfare department, caters to housing and schooling children who are committed to it by the court. These children commonly have a background of

- Broken Family
- Extreme poverty
- Emotional trauma & no family support
- Run away from home
- Lost
- Orphans

A staff appointed by the government who function as teachers, administrators and supervisors manage a series of such homes across the state. Most of these 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 12<sup>th</sup> grade (pre-university course). However, no technical or occupational training is offered.

The Pranic Healing Foundation was invited to such juvenile home cluster institutions campus based in Bangalore for a period of 10 months, from September 2000 to June 2001. The aim of this project was to improve behavioral problems and scholastic performance through the use of Individual healing/ meditation .

## **Material and methods**

The 22 children were evaluated by Different Psychological assessment scales, by Healer, by the caretakers, schoolteachers and child her self on day one

and every 15<sup>th</sup> day for 3 months. The age group was 9 ñ16 yrs. 7 Senior Healers volunteered for the Healing

On day one and day 90, Rutter's Teacher's Proforma and energy field evaluation were done. Pranic Healing was done for each child thrice a week for 3 months. No addition/ change in their routine, training, counseling was permitted in these 3 months. This regime was found to be soothing by all girls, they used to come for Healing very regularly.

The main issues and the changes observed were as follows

- Very violent girls
- Difficult to manage
- Fight & injure each other every now then
- Very stubborn
- Stealing, totally irresponsible
- No interest in studies
- Sleep in classes majority times
- Epilepsy or on psychotic drugs
- Poor academic performance was the main concern of the caretakers and the teachers.

Evaluation by Healer showed all 22 Children

- Very dull
- Withdrawn & non communicating
- No interest in surrounding
- Untidy, dirty
- Fearful Insecure

At the end of 4 months the encouraging feedback from the Healer was as follows: Children are expressive, alert, clean & tidy, less fearful.

Feedback from the children was also very interesting:

"I am happy, alert & I don't sleep in classes now"

"interested in learning now"

"understand what is taught"

"my school scoring is better"

The encouraging feedback From Caretakers & School Teachers:

"These girls fight with each other much less.

They are more disciplined

They are more sharing, responsible & affectionate with each other

They are manageable”

Table 1

Summary of changes in parameters of Rutter’s Scale for assessing psychological disturbances in Girls from Juvenile home treated with Pranic Healing. All parameters compared before and after intervention with binomial distribution using McNemar test.

<b>Parameters which showed Significant improvement (p&lt;0.05)</b>	<b>Parameters which did not show improvement (p&gt;0.05)</b>
<ul style="list-style-type: none"><li>• Destructive behavior</li><li>• Tics, mannerisms</li><li>• Squirring</li><li>• Fighting with other children</li><li>• Bedwetting</li><li>• Need of Physical help</li><li>• Irritability</li><li>• Unhappy mood</li><li>• Disobedience</li><li>• Spelling &amp; arithmetic</li><li>• Ability</li><li>• Stammering</li></ul>	<ul style="list-style-type: none"><li>• Restlessness</li><li>• Not liked by others</li><li>• Nail biting</li><li>• Solitary attitude</li><li>• Absenteeism</li><li>• Lying</li><li>• Distressed affect</li><li>• Bullying</li><li>• Taunting</li><li>• Reading</li><li>• Worrisome</li></ul>

Overall pass rate in the school final exams before the intervention for the class was 30 - 50 %. After the intervention for ten months, a 60 - 85% pass was documented in this group. The largest subgroup of children belonged to 7<sup>th</sup> grade, which is a public examination. The school reported the happy outcome of 90% pass in this cohort soon after completion of the project.

According to Healer’s evaluation of the bioenergy field of the girls, all chakras were malfunctioning .Most affected chakras were Solar plexus, Sex, Crown , Heart, Ajna and Basic. Solar plexus chakra improved last (emotional centre). All chakras improved remarkably by 90<sup>th</sup> day. Aura Photography changes were consistent with Healer’s observations

## **Discussion**

In the context of the environment in the juvenile home, persistent behavioral problems and poor scholastic performance were common. The present association with these children resulted in a significant shift for better in both these areas.

The mechanism by which these changes were effected is open to different interpretations. The authors consider the possibility of a favorable change induced directly by the meditation in the participants. A non-specific effect by virtue of exposure to the volunteer staff, sense of leadership or achievement offered by participation or a chance association is the other possible explanations.

The incidence of behavioral problems in children in India is estimated to be 18.31-27.17% while that of scholastic backwardness is in the range of 10.23% (Shenoy). The incidences of both these were at their extremes in the cohort studied: 25% had behavioral problems and the overall pass rate in examinations was only 20-50%. This study documents use of Pranic Healing to improve these common problems with favorable results.

## **Conclusion**

This study reveals the remarkable improvement in behavioral problems and school performance of Juvenile Girls with Pranic healing.

## **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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