

Effect of one hour self healing regime for Juvenile Boys to improve the behavioral patterns and school performance

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Aims and Objectives

To study the improvement in behavioral problems and school performance with one-hour self-healing regime for Juvenile boys.

Introduction

Juvenile Home in Karnataka, India, caters to housing and schooling children who are committed to it by a court. These children commonly have a background of juvenile delinquency, disrupted homes, abandonment and extreme poverty. 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 12th grade (pre-university course). However, no technical or occupational training is offered.

The Pranic Healing Foundation was associated with one such juvenile home 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 meditation.

Material and methods

88 boys from the Boys' juvenile home were recruited for this study. The age group was 9 -16 yrs.

On day one and day 300, Rutter's Teachers Proforma and energy field evaluation were done. All children were subjected to a group activity of 40 minutes in the form of specially designed set of simple physical exercises for 20 minutes then silently listening to "Om" (audio cassette was played recorded by Pranic Healing Foundation in a Senior Mediator's voice) in sitting posture with closed eyes, straight back, and crossed legs for 3 minutes, they were instructed to remain seated with closed eyes for next 5 minutes then

were asked to open their eyes with a big smile, another set of physical exercises was done for 10 minutes. A professional doctor taught this regime and a Healer for 4 weeks then one teacher was trained to lead this activity from 10 to 10:45 am for 6 days/ week as a part of their routine for next 10 months.

Feedback was taken from the individual children in addition to the teachers, Healer and caretakers.

Observations

This regime was found to be very interesting by all children, as it was part of their daily routine; attendance was 99% on every day. No addition/ change in their routine, training, counseling was allowed in these 10 months.

The main issues and the changes observed were as follows:

Table 1: Summary of changes in parameters of Rutter’s Scale for assessing psychological disturbances in children from Juvenile home with one hour self healing activity. All parameters were compared before and after intervention with binomial distribution using McNemar test.

Parameters which showed significant improvement (p<0.05)	Parameters which did not show significant improvement (p>0.05)
<ul style="list-style-type: none"> • Restlessness • Taunting • Squirming • Fighting with other children • Worrisome • Solitary attitude • Irritability • Unhappy mood • Disobedience • Reading, spelling & arithmetic Ability 	<ul style="list-style-type: none"> • Destructive behavior • Not liked by others • Nail biting • Tics, mannerisms • Absenteeism • Lying • Distressed affect • Bullying

Overall pass rate in the school final exams before the intervention for the class was 50- 70 %. After the intervention for ten months, 85-100% pass rate was documented in this group. The largest subgroup of children belonged to 7th grade, which is a public examination. The school reported the happy outcome of 100% pass in this cohort soon after completion of the project.

According to Healer’s evaluation of the bioenergy field of the boys, most affected chakras (energy centers) were Solar plexus, Sex, Basic, Heart, Crown, Ajna, and throat. Solar plexus chakra was last to improve (emotional

center), all chakras improved to near normal state by the end of 10th months.

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 explanation.

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 an experimental application of meditation to improve these common problems with favorable results.

Conclusion

Emotional, Physical problem in Juvenile home boys is one of the important issues for the staff. This study suggests meditation as a part of their routine to improve these common problems.

About the Author

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