

Yoga Prana Vidya System

Book 11

Psychological Cases Studies



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Objective

This book provides various psychological cases that were documented in years 2002 - 2019. The psychological cases include cases connected with stress, anxiety, phobia, relationship issues, lack of concentration, OCD, addictions, depression, violence, ADHD and behavioural disorders etc.

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Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No.
1	YPVS/PSY-A/2018/001	alcohol Addiction, depression, not able to focus on job	60 days	Relieved from alcohol addiction and tobacco intake, taking bear rarely, out of depression, joined for a job	01
2	YPVS/PSY/2014/068	Sleeplessness, Anger on one self, Murmuring, crying, depression, fear of travel and going to office, not feeling hungry	45 days	Able to sleep, stopped murmuring, confidence improved, interested to work and no fear to go to office	04
3	YPVS/PSY-R/2017/022	Severe relationship problem with best friend	7 days	80 to 85% better; unexpectedly he called up and we sorted out the issue	06
4	YPVS/PSY/2016/019	Stress, tiredness, right leg - dermal cyst	5 days	relief from stress by 90% after 1st healing; cyst reduced completely, feel enthusiastic	09
5	YPVS/PSY/2016/025	Multiple stress and anxiety traits	3 months	Stress reduced, started to work, comfortable with no health issues	11
6	YPVS/PSY/2017/003	Many years back accident and has short memory loss. Violence: Tendency to strangle animals	8 days	Started remembering few things. No tendency to strangle. Overall improvement is 75%	17
7	YPVS/PSY/2017/008	Had speech contest, was stressed and uncomfortable	1 session	Comfortable and relieved. Could actively take part in the speech contest	20
8	YPVS/PSY/2017/011	Stress when wake up in the morning, depression, knees pain and noise in the ears	20 days	Noise in ear reduced completely after 3rd healing. 80% improvement in knee pain after 4th healing; overall 90% to 95% better	22

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No
9	YPVS/PSY/2018/054	Insomnia (last 4 years tablets)	24sessions	Good sleep, no tablets	27
10	YPVS/PSY-A/2014/010	Addicted to mobile, score 50%	21days	Addiction reduced to 60%, concentration increased, scored 75%	29
11	YPVS/PSY-A/2014/012	Addiction of mobile games and TV, not interested in studies	32 days	Interested in studies, did well in exam, came out of addiction	31
12	YPVS/PSY-A/2017/014	Alcohol addiction and abusive	1 year 6 months	Everyday abuse is down by 80%, doesn't fight much, drinks sometimes only, happier and more involved with family improved	34
13	YPVS/PSY-A/2017/016	Drinking addiction	17Days	After 2 and half months completely left drinking addiction	37
14	YPVS/PSY-CH/2015/003	Lack of focus on studies and lack of confidence	2 months	Scored higher grades, overall confidence levels improved	40
15	YPVS/PSY-CH/2015/007	10th Class; Lack of concentration, memory, fear, doubt, headache	7 days	Relief from headache, could do well in exams with more concentration and confidence. In difficult subjects (Social Science low score) now 75%	43
16	YPVS/PSY-CH/2016/006	2nd PUC, for studies (Concentration and memory)	3 days	Able to write exams with better concentration and able to recall whatever studied. In 2nd PUC, Math's: 98, Physics:97, Chemistry: 94	46
17	YPVS/PSY-CH/2016/014	Addiction to gadgets	10Sessions	90% improvement	48/

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No
18	YPVS/PSY-CH/2018/012	Lack of memory, failed in 2nd PUC exam, anger	20 days	Memory power improved, got confidence, faced exam well	50
19	YPVS/PSY-D/2014/015	Depression due to ill health	20 days	Able to Overcome depression and started to drive car, body pains decreased went to trip with family	52
20	YPVS/PSY-D/2015/027	Depression, attempted for suicide	15Days	After 3session talking with everyone, wrote exams, at the end very happy, active, going to school	55
21	YPVS/PSY-D/2016/029	Clinical depression	12Sessions	90% improvement	57
22	YPVS/PSY-D/2017/002	Anxiety and Depression, breathlessness	20 days	Lot of difference in emotional and mental health	59
23	YPVS/PSY-D/2017/014	Depression after breakup and not ready for marriage	20 days	Open for marriage, ready to meet guys once profile finalized	62
24	YPVS/PSY-D/2018/019	Anxiety, Depression, breathlessness, Negative detailing	10 days	Anxiety and stress reduced, murmuring and cramps reduced, 70% unforgiveness reduced	64
25	YPVS/PSY-F/2014/007	Height phobia	2 days	Completely came out of fear, could see more clearly without any giddiness with confidence from 4th floor	67
26	YPVS/PSY-R/2015/023	Violent tendency, always fought with elder brother, anger, fear	7 days	Head ache reduced, irritation, anger fighting reduced, better relationship with husband and family members	69
27	YPVS/PSY-R/2019/026	Living separate from wife and daughter, planning for divorce	90 days	Living happily with wife and daughter	72

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No
28	YPVS/PSY-S/ 2014/003	Paranoid Schizophrenia, depression, OCD washing face and taking bath	15 days	Duration of bath reduced; frequency of face wash reduced. 90% improvement	75
29	YPVS/PSY-S/ 2017/009	Stress and depression due to job, feel harassed in life and very sad	5 days	Able to handle issues with confidence, total personality has changed and energetic	77
30	YPVS/PSY/ 2002/051	Depression, mood swings, general weakness	1 session	80% stress reduced	79
31	YPVS/PSY/ 2007/038	Stress, tension, headache, acidity	3 days	Healed for headache, left lighter and calm	81
32	YPVS/PSY/ 2010/010	Sleeplessness	5 days	Completely healed	83
33	YPVS/PSY/ 2014/005	BP: 160/ 180, tension	15 days	BP = 140/90; After 5th healing, stress reduced to a great extent; sleeping well and able to work without tension	85
34	YPVS/PSY/ 2014/006	Severe constipation, Stress and anxiety	7 days	No constipation, despite workload didn't feel anxious	89
35	YPVS/PSY/ 2014/009	Stress	3 days	successful in office work without any stress, and enthusiasm in life	91
36	YPVS/PSY/ 2014/022	Rapid changes and fluctuations in mood swings	12 days	Sleep and appetite improved and came out of the issues	93
37	YPVS/PSY/ 2014/026	Sinus and stress	7 days	Fully healed of sinus and stress	95

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38	YPVS/PSY/2014/063	Stressed, worries, fear, tension, hurt feelings, anger, depression	47Days	90% Condition improved	98
39	YPVS/PSY/2015/013	Sleepless nights, eyes burning, tension, tired	2 days	Eyes burning almost gone after 1st healing. Slept after 2nd healing	102
40	YPVS/PSY/2015/043	Stress, acidity, backpain	6days	cheerful, 90% improvement in stress and acidity	104
41	YPVS/PSY/2015/049	Stress, unable to sleep at night	50Sessions	80% improvement, no pain, able to sleep	106
42	YPVS/PSY/2016/012	Stress	5 days	Completely relieved from stress	108
43	YPVS/PSY/2016/014	lot of stress, anxiety, severe cold and couldn't breathe	2 days	Complete relief from stress, slept well and also could breathe	110
44	YPVS/PSY/2016/028	Poor communication, making friends	2 days	After first healing was able to communicate and make friends	112
45	YPVS/PSY/2016/030	Stress and headache	5Days	feeling calm and mentally relaxed	114
46	YPVS/PSY/2016/032	Problem with making friends	8sessions	Able to make many friends, involved in many groups	116
47	YPVS/PSY/2016/035	No balance between mind and body	2 days	Feeling good and calm; free from previous health issues	118
48	YPVS/PSY/2016/036	Anger and cranky	3 session	Improved	120
49	YPVS/PSY/2016/037	Sleeplessness, leg and neck pain	2 days	Slept well, leg and neck pain reduced	122

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50	YPVS/PSY/2016/039	Negative thinking, anger, grief, sleeplessness and fear	4 days	Very much relieved, could handle situations with patience	124
51	YPVS/PSY/2016/046	Insomnia, stress, palpitation	8 days	More relaxed, palpitation is under control	126
52	YPVS/PSY/2016/048	Stress, infection in eyes, headache	5days	90% improvement	130
53	YPVS/PSY/2016/050	stress, fear, headache, sinus	5Sessions	100% better	132
54	YPVS/PSY/2016/070	Patient left home because of some issue	5sessions	Post 2nd healing patient was back to home; patient was more relaxed	134
55	YPVS/PSY/2016/071	Depression, lethargic, lost interest in all things	60Sessions	in first session itself started interacting with family, relations and friends, now can manage all household work, increased in confidence	136
56	YPVS/PSY/2016/074	Stress	9Session	Feeling good	138
57	YPVS/PSY/2016/076	Concentration, memory	15Sessions	80% improvement	140
58	YPVS/PSY/2017/007	Not confident to attend the interview. First interview	1 session	Did well and cleared all rounds of interview and got offer letter from that company.	142
59	YPVS/PSY/2017/029	Hands swelling, nails infected, stress	2 days	Nail colour changes, infection and hand swelling reduced significantly	144
60	YPVS/PSY/2017/047	Stress, tension	4 days	Calmness and relaxation; Slept well	148
61	YPVS/PSY/2017/065	lack of confidence	2days	Did very well in tournament	148

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62	YPVS/PSY /2017/066	Anxiety, Tension about marriage, hypersensitiveness of right-side face, nose	17Days	Relieved of hypersensitiveness, generally feeling better	151
63	YPVS/PSY /2017/067	Irritated, sleeplessness, depression	20Days	stress level reduced, sleep improved, breathing improved, happy and comfortable	153
64	YPVS/PSY /2017/069	insomnia from past 3 months	4Days	After 4th session stopped sleeping oil prescribed by doctor	155
65	YPVS/PSY /2017/072	Sleeplessness, taking tablet for sleep	2Session	Completely out of tablet, sleeping well	159
66	YPVS/PSY /2017/073	Stress, headache	5sessions	90% headache gone; stress reduced	161
67	YPVS/PSY /2017/075	Stress	6sessions	90% recovery	157
68	YPVS/PSY /2018/0001	Unable to sleep	2 sessions	Could sleep well	163
69	YPVS/PSY /2018/004	Stressful, restless, fatigue due to work and business tension	4 days	After 3rd session patient says feeling real calmness and peace after long time. More energetic and enthusiastic	165
70	YPVS/PSY /2018/016	Stressed Life	2 days	After healing negative thoughts reduced, developed calmness, peace and confidence	169
71	YPVS/PSY /2018/017	Anger	5 days	Degree of anger is completely reduced	171
72	YPVS/PSY /2018/018	Sleeplessness	5 days	100% improvement	173
73	YPVS/PSY /2018/020	Shoulder Pain and stress	2 days	Relieved from shoulder pain after 1st healing, relieved from stress	175

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74	YPVS/PSY /2018/021	Interrupted Sleep	3 days	Could sleep uninterrupted in the afternoon, night uninterrupted sleep reduced by 50%	177
75	YPVS/PSY /2018/027	Disturbed Sleep and night anxiety	6 days	After 2nd day healing patient got undisturbed sleep	179
76	YPVS/PSY /2018/033	Short tempered, unwanted thoughts, memory loss	5Days	Felt calm and peaceful	181
77	YPVS/PSY /2018/034	pent-up emotions	1session	80% improvement	183
78	YPVS/PSY /2018/041	Stress, anxiety	15 days	All mental stress removed, relaxed and satisfied	185
79	YPVS/PSY /2018/044	Insomnia, stress, palpitation	20 days	Getting sleep, all mental stress reduced	188
80	YPVS/PSY /2018/053	Stress, skin disease	5 days	Improved a lot in all symptoms	191
81	YPVS/PSY /2018/055	Fear and insomnia	7Days	Able to sleep well	195
82	YPVS/PSY /2018/056	Anger	4Session	70% reduced	197
83	YPVS/PSY /2018/061	Anxiety, Restlessness	11Days	80% restlessness reduced, looking calm and happy	199
84	YPVS/PSY /2018/062	Anger, violent, suicidal tendency	30Days	Felt calm and happy, good relation with family	201
85	YPVS/PSY /2018/064-M	Saccular aneurysm, negative dreams, neck stiffness, back stiffness	1month	Relived of negative dreams	203

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86	YPVS/PSY/ 2018/075	Anger, confusion	10Sessions	control over rough behaviour, calm and happy	205
87	YPVS/PSY/ 2019/042	Stress, weakness	6 days	Stress reduced and breathing normal	208
88	YPVS/PSY/ 2019/059	Depression, violent	13Sessions	improving, peace and calmness	213
89	YPVS/PSY- A/2014/008	Addiction to gadgets, lack of concentration	4Days	Addiction to gadgets reduced by 50%, increased concentration	216
90	YPVS/PSY- A/2015/003	Phone addiction	15days	80-90% improvement	218
91	YPVS/PSY- A/2015/004	Pickle addiction, difficulty in memorizing numbers	15days	able to recall all memorized numbers and addresses, pickle addiction completely reduced	222
92	YPVS/PSY- A/2015/015	Drinking addiction, anger, irritation, stress, diabetic, relationship issue	5days	Drinking reduced a lot, overall 70% improvement	226
93	YPVS/PSY- A/2016/001	Addiction to smoking, cannot run, cough, breathing issue	15days	Left smoking completely, able to run far without any difficulty	228
94	YPVS/PSY- A/2016/002	Cola addiction, insomnia, stress, Anxiety	35Days	95% cola addiction reduced, improved sleep	232
95	YPVS/PSY- A/2016/005	Alcohol addiction	20Days	Urge for drinking is less	236
96	YPVS/PSY- A/2016/011	Addiction to coffee, headache	5Days	60% reduction in coffee intake	239

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97	YPVS/PSY-A/2017/006	Sleeping tablet addiction from last 7years, After tablets also no sleep	10Days	Without tablets also getting sleep	244
98	YPVS/PSY-A/2017/007	Alcohol addiction, back pain	5Days	Back pain reduced, completely left drinking alcohol	248
99	YPVS/PSY-A/2017/009	Depression, addiction to alcohol and smoking, irritating behaviour	80 days	85% reduction in smoking. Alcohol also reducing. Feel good and sleeping well	250
100	YPVS/PSY-A/2017/017	Addicted to food (eating excessively)	18Days	Came out of addiction	254
101	YPVS/PSY-A/2016/011a	alcohol Addiction	20 days	Free from alcohol addiction	259
102	YPVS/PSY-CH/2013/026	No concentration in studies, refuse to complete schoolwork	1session	Siting to complete homework, got better	261
103	YPVS/PSY-CH/2015/001	Very Moody, wanted treatment for concentration	7 days	Scored good marks in exams	263
104	YPVS/PSY-CH/2015/009	confusion, mentally disturbed	5 sessions	unwanted thoughts reduced. Confident	271
105	YPVS/PSY-CH/2015/020	Loss of memory power, stress and depression	10 days	Could concentrate on studies, completely out of stress	273
106	YPVS/PSY-CH/2016/002	Stress due to exams	7 days	Could control my emotions, helped in concentration and focus	275

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107	YPVS/PSY-CH/2016/008	lack of concentration	6 sessions	Fully focused, no distractions. Scored 93%	280
108	YPVS/PSY-CH/2016/010	Exam fear and tension, anger and fear in the night	10 days	After 1st healing, no tension, able to concentrate, could sleep well, took exam with confidence	283
109	YPVS/PSY-CH/2016/021	Lack of concentration and memory	25 days	Did well in exams and remembered easily	285
110	YPVS/PSY-CH/2016/023	Behaviour issue, lack of focus, to increase weight	60 days	Weight increased and behaviour improved	287
111	YPVS/PSY-CH/2016/027	Stress, lack of concentration, depression	10Days	Improvement in studies, scored 91% in exam	291
112	YPVS/PSY-CH/2016/028	Hyperactivity, lack of concentration	15Days	75% improvement	293
113	YPVS/PSY-CH/2017/004	Laziness, lack of concentration, pain in left leg, hand and fingers	5 days	In 3rd healing pain in hand and fingers reduced; concentration in studies improved.	295
114	YPVS/PSY-CH/2017/011	Mental stress, lack of confidence and tension	5 days	relaxed and calm	297
115	YPVS/PSY-CH/2017/015	Memory problem, lack of concentration, anger	15 days	Gained confidence and concentration levels improved	299
116	YPVS/PSY-CH/2017/016	Got less marks in SSLC, frequently used to get ill	20 days	Understanding capability improved, better confidence	310
117	YPVS/PSY-CH/2017/018	lack of concentration in studies	6sessions	30% improvement	303
118	YPVS/PSY-CH/2017/022	Stress, lack of confidence, exam phobia	5 days	Ready for exams, focused on studies	307

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119	YPVS/PSY-CH/2017/026	lack of concentration and confidence	11Days	Relaxed, peaceful, did exams well	309
120	YPVS/PSY-CH/2018/005	Exam fear and tension	2 days	Feeling relaxed and gained confidence	311
121	YPVS/PSY-CH/2018/013	lack of memory and confidence, fear	35 sessions	able to concentrate well. Scored well in exams	313
122	YPVS/PSY-CH/2018/014	due to fear, unable to perform well in exams. Lack of confidence	5 sessions, 10 days	Overcome fear, developed concentration, became confident. Score very well	315
123	YPVS/PSY-CH/2018/017	Exams, concentration	22Days	30% improved, 95% in his final exam	317
124	YPVS/PSY-CH/2019/025	Stammering problem, Hyperactive	22Days	Concentration improved, improvement in stammering	319
125	YPVS/PSY-CH/2016/019	lack of concentration, no focus	5sessions	30% improvement	321
126	YPVS/PSY-D/2013/006	Depression, Acidity, muscle cramp, shoulder pain	13Days	came out of depression, no body pain and shoulder pain	323
127	YPVS/PSY-D/2014/022-M	Depression, sleeplessness, negative thoughts	5-6Sessions	Feeling normal, no negative thoughts	325
128	YPVS/PSY-D/2014/023	Depression, Lack of sleep, Last 15 years post-delivery depression	15Days	Came out of depression	327
129	YPVS/PSY-D/2015/013	Highly Depressed, unsure of life, fear that something will happen	5Days	80% better	330
130	YPVS/PSY-D/2015/016	Fear of suicidal tendency, depression symptoms triggered due to watching serial	5 days	Stopped crying, came out of it	333

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131	YPVS/PSY-D/2016/002	Depression, Repeating the same words, pilonidal sinus, vit D Deficiency	2months	60% improvement in physical and psychological issues	335
132	YPVS/PSY-D/2016/003	Depression, very low self-esteem	once a week for 2 months	Depression was gone	338
133	YPVS/PSY-D/2016/004	Depression and mood swings	30Days	no suicidal thoughts, improving gradually	342
134	YPVS/PSY-D/2016/005	Depression, anxiety, severe acne on face, professed sweating under stress	3 sessions in a week	gradual improvement	344
135	YPVS/PSY-D/2016/008	depression, right shoulder pain, diabetic	10Days	completely out of depression	347
136	YPVS/PSY-D/2016/009	Lack of confidence, lack of hope, less physical stamina	6Days	100% recovered	350
137	YPVS/PSY-D/2016/011	depression	12Days	gradually improved, came out of depression	353
138	YPVS/PSY-D/2016/014	Depression due to loosing job, lack of will to do anything	4days	will power to do work has regained	357
139	YPVS/PSY-D/2016/017	Depression, low self-esteem, back and neck pain	30 days	Reduced in back and neck pain, much better	359
140	YPVS/PSY-D/2016/020	sadness, depression, hurt feeling	6Days	90% healed	362
141	YPVS/PSY-D/2017/018	Depression, pessimistic	3 days	Calm and peaceful	365
142	YPVS/PSY-D/2017/021	suicidal ideation, low on energy, performance affected	3Days	no suicidal thoughts	368
143	YPVS/PSY-D/2018/012	Depression, Stress, Addiction	10Days	condition stabilized	370

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144	YPVS/PSY-F/2015/002	fear, stammering problem in the last 15 years, stress	5 sessions	50% improvement in speech, confident	373
145	YPVS/PSY-F/2015/003	fear, insecurity, phobia, hypochondriasis	5 sessions	overcome phobia, feeling 80% better	375
146	YPVS/PSY-F/2015/004	headaches, fear in new environment, insecurity, home sick, depression	2 sessions	completely healed from fear, stress and depression	377
147	YPVS/PSY-F/2015/005	Fear in closed room, worry, insomnia due to fear	5 days	Can stay in room without fear, very confident	379
148	YPVS/PSY-F/2015/011	Gastric, fear of snakes and travel	3 months	Psychological condition improved while travelling, gastric issue reduced.	381
149	YPVS/PSY-F/2015/022	Bad career phase, emotionally drained, bad dreams	50Sessions	emotionally balanced, sleeping calmly	385
150	YPVS/PSY-F/2016/008-m	Hallucination, depression, stammering due to fear of death	10Days	after 2nd healing speech is completely alright, completely healed of psychological problem	389
151	YPVS/PSY-F/2016/009	Acrophobia	5sessions	Completely healed, can travel in flight without any fear	393
152	YPVS/PSY-F/2016/013	Fear, feeling nervous	1 session	relaxed, feeling calmness and peaceful, got good sleep	395
153	YPVS/PSY-F/2016/021	Fear to undergo surgery	35sessions	Surgery went smoothly, recovered fast	397
154	YPVS/PSY-F/2017/008	Anxiety, fear, weakness in legs	2Sessions	Completely came out of weakness of legs, fully healed	400
155	YPVS/PSY-F/2017/010	Fear, anxiety, sadness	3Days	Completely came out of fear, can handle situation better	402
156	YPVS/PSY-F/2017/012	Stressed, fear of future and health	5 days	came out of all fear	404

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157	YPVS/PSY-F/2017/019	extreme fear after losing grandfather	5Days	fear issue seems to be resolved	406
158	YPVS/PSY-F/2017/020	Lack of focus, excess mental activity, exam fear	30 Days	Panic reduced by 85%, Nervousness reduced 85%, restlessness reduced 85%	408
159	YPVS/PSY-F/2018/014	Stress, anxiety, fear,	few sessions	Boosted confidence, overcome self-inferiority complex	412
160	YPVS/PSY-F/2018/015	Filled with fear, doubt, lack of confidence	5Sessions	Filled with confidence, driving with confidence	414
161	YPVS/PSY-F/2018/016	Speaking always about past, fear and anxiety	5Sessions	80% fear reduced, 60% reduced in speaking about past	416
162	YPVS/PSY-F/2019/013	Stress, exam phobia, laziness	22 days	Confident levels increased, all mental stress reduced, exam phobia reduced	418
163	YPVS/PSY-F/2019/018	Exam fear, stress	14Session	more calm and confident	421
164	YPVS/PSY-OCD/2014/001	Compulsive obsessive disorder	multiple sessions	80% improved	424
165	YPVS/PSY-R/2012/030	Major fight with daughter in law (ran away from home)	1Session	She came back to home	426
166	YPVS/PSY-R/2013/007	snapped relationship with husband and other immediate family members for last 10years, Complex deficiency, Diabetic, High, High Cholesterol	1Year	improvement noted	428
167	YPVS/PSY-R/2014/031	Relationship issue with daughter and husband	3Days	Communication improved, better harmony, went out for vacation, talked to each other	431

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168	YPVS/PSY-R/2015/005	Relationship healing	15Days	Overall the relationship is tightly bonded and good now without any disturbance	433
169	YPVS/PSY-R/2015/008	Not willing to go to school because of bulling in school	15days	became friends and relationship improved	435
170	YPVS/PSY-R/2015/013	Relationship problem	10Days	Reduced alcohol drinking, started talking nicely with wife and children, peace in home	437
171	YPVS/PSY-R/2015/014	Personal relationship with family is not good, professional problem, stress, backache, insomnia	10Days	Feels better in family and office, sleeping is better, 40% backpain reduced	439
172	YPVS/PSY-R/2015/015	Husband is having Unauthorized relationship	6Days	80% improvement	442
173	YPVS/PSY-R/2015/024	violent, fight with parents, laziness	10 days	Good relationship with parents	444
174	YPVS/PSY-R/2015/025	Relationship problem between mother in law and daughter in law	25 days	Relation is better than earlier	448
175	YPVS/PSY-R/2015/002	Strained relationship with husband, not talking from last 6 months	6Days	Talked with each other, peace and calm in house, no fights, improvement in relationship by 60%	450
176	YPVS/PSY-R/2016/006	Relationship problem	6Days	Circumstances improved, 75% improvement	454
177	YPVS/PSY-R/2016/011	Interpersonal relationship issue between husband from many years, depression	1Month	70-80% improvement	456

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178	YPVS/PSY-R/2016/012	Relationship problem	8Days	problem resolved	459
179	YPVS/PSY-R/2016/031	Relationship issue with family members	60Days	Family members are happy and peaceful. 70% improvement	461
180	YPVS/PSY-R/2017/009	Anger, fear and lack of confidence	20 days	Stubbornness has gone, listening to parents, Totally fine	463
181	YPVS/PSY-R/2017/010	Problem in office, suffering from last 8 months	2Days	Support from colleagues, making up with job	465
182	YPVS/PSY-R/2017/029	Depression, weakness, relationship issues with husband	10Days	Relationship with husband significantly improved	467
183	YPVS/PSY-R/2017/032	Relationship issue with wife, anger, tension	10Days	Relationship better, leading a happy life	469
184	YPVS/PSY-R/2018/027	Relationship healing	5Sessions	Relationship is better with wife	472
185	YPVS/PSY-R/2018/028	Relationship healing	4Session	60% improved	474
186	YPVS/PSY-S/2015/004	Palpitation, excessive sweating, insomnia, restless leg	20 days	Totally devoid of any symptoms	476
187	YPVS/PSY-S/2015/010	Visual Hallucination, scared to remain alone at home	3 healing in a day for few days	Overcome problem completely, 9.2 grade in CBSC 10th standard which is mysterious achievement	481
188	YPVS/PSY-S/2016/001	Feeling low after the demise of her husband, use to have vision of her husband	20 days	Came out of the trauma of unfortunate incident, BP normal	484
189	YPVS/PSY-S/2016/002	Excessive burst of anger, extremely stressed and mentally exhausted	8 days	Completely relieved	487

Sl. No.	Case Number	Subject Condition	No. of Days/ No. of Sessions	Result	Page No
190	YPVS/PSY-S/2016/005	Paranoid personality disorder	5 days	More calmness	490
191	YPVS/PSY-S/2016/006	OCD: always cleaning home, more times going to toilet, fear	5 days	Completely healed	500
192	YPVS/PSY-S/2016/007	Schizophrenia, living alone not mixing in society, talking to himself	40Days	Able to manage alone, from last 5 months he didn't take any medicine but managed himself with activities	502
193	YPVS/PSY-SP/2012/002	Premature child, hyperactive, behaviour problem	multiple sessions	No more hyperactive	504
194	YPVS/PSY-SP/2017/001	Misbehaviour and anxiety	30 days	Can control anger now, normal behaviour	507
195	YPVS/PSY/2018/57	Stress, getting anger frequently	10Sessions	Improvement noticed	510
196	YPVS/PSY-CH/2018/024	Not concentrating on studies, telling too much lies, not giving respect to elders	5sessions	Concentration improved by 80%	514
197	YPVS/PSY-A/2016/013	Smoking addiction	30sessions	Completely healed	516
198	YPVS/PSY-S/2016/011	Relationship problem,	60session	family is living together happily	518
199	YPVS/PSY/2015/077	sleeplessness, uneasiness	8 sessions	sleeping well; relaxed	520
200	YPVS/PSY/2016/078	violent burst out of anger 3 times a week; panic reaction	10 sessions	relaxed; happier; all well at home	524
201	YPVS/PSY/2016/079	talks in sleep; doesn't remember in the morning	1 week	post 5 healings, stopped talking and waking upon sleep	528

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202	YPVS/PSY-A/2017/018	alcohol addiction; anger	46 sessions	showing gradual positive change; improvement in temperament; sense of responsibility towards family increased; irritation reduced.	532
203	YPVS/PSY-CH/2011/029	lack of concentration	30 days	Concentration improved; takes healing for a month before exams	535
204	YPVS/PSY-CH/2015/030	mother wanted improvement in her daughter's studies, concentration and attitude	10 sessions	Overall doing well in studies. 50% reduction in telling lies	537
205	YPVS/PSY-D/2015/030	depression due to relationship issues	multiple sessions	90% improvement	542
206	YPVS/PSY-R/2016/033	marital relationship issue; stress; easily get triggered and angry; unable to work properly	multiple sessions	able to handle anxiety, fear and anger; better perception and understanding	544
207	YPVS/PSY/2018/052	Arrogant, fights with everyone	5session	Calm and polite	546
208	YPVS/PSY/2017/085	Relationship issue with manager	5Sessions	Remarkable results	549
209	YPVS/PSY-R/2017/037	Relationship issue	15 sessions	improvement seen	552
210	YPVS/PSY-D/2017/033	Depression, stressful	5session	65% improvement seen, came out of depression, stress reduced	555
211	YPVS/PSY/2017/086	high BP, Heaviness in head area, stressed most of the time	10Sessions	Relaxed	558

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212	YPVS/PSY-CH/2017/032	Psychological healing, stress, overactive	10Sessions	very much improvement seen	561
213	YPVS/PSY-SP/2018/003-M	Mild autistic tendencies	60Session	speaks more word, looks upon being called out by name	564
214	YPVS/PSY-R/2016/001	Relationship issue, violent, drinking addiction	60session	relationship became normal	566
215	YPVS/PSY-R/2016/003	Relationship issue with family	6months	Improved in relationship	568
216	YPVS/PSY/2018/002	Anxiety, depression, restlessness, skin rashes	60sessions	Feeling relaxed, confident	570
217	YPVS/PSY-D/2018/001	Depression, anxiety, headache	30sessions	feeling good, confident	573
218	YPVS/PSY/2018/001	Unable to sleep	2session	slept well	575
219	YPVS/PSY/2016/084	Anxiety, intolerant	2sessions	Calm and relaxed	577