

A Study of the Outcomes of a Yoga Prana Vidya Wellness Healing camp conducted at YPV Ashram in July, 2022: Health improvements experienced by Participants

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Abstract

Introduction: Yoga Prana Vidya (YPV) system based on ancient yogic practices, is an integrated approach known from experience to heal diverse human diseases and sicknesses holistically. This study presents the outcomes of improvements in the health and wellness of 30 participants through Yoga Prana Vidya (YPV) healing techniques in a 14-day healing camp conducted at YPV Ashram.

Materials and Methods: This is a pre and post-test interventional study of a healing camp using both quantitative and qualitative methods of data collection and analysis. Thirty participants joined the camp voluntarily with informed consent. A team of 7 YPV healers conducted healing sessions. The patients did self-practice of some YPV techniques. Data includes patient feedback reports.

Results: Data Analysis of weight, BMI, waist, V fat, Systolic BP, O₂ Saturation level, Stress level, lung capacity showed statistically significant improvements. HRV results showed a relaxed state for the majority of participants. Brainwave analysis showed increased alpha activity and 18.8% improvement in the balance of left and right brains. Mean Systolic BP showed statistically significant reduction and mean Diastolic BP also reduced but statistically found not significant. Individual patients experienced note worthy improvements in illness conditions such as different types of pain, psychological & emotional issues, mobility, sleep disorders, diabetes, thyroid, respiratory problems, weakness, tiredness, giddiness, acidity, skin, addiction, relationships issues, allergy, etc. found substantial relief.

Conclusions: The outcomes of this healing camp have revealed that Yoga Prana Vidya (YPV) protocols and practices have boosted immunity and improved wellness conditions of participants. Further research with appropriate methodology and samples are recommended. Recommendations include interprofessional specialists to team up with YPV healers for conducting health camps for the benefit of people.

Keywords: Health and wellness; Healing camp; Yoga Prana Vidya system[®], YPV[®].

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INTRODUCTION

Yoga Prana Vidya (YPV) is a non-drug and non-touch healing system that has been a proven and established discipline in healing various ailments, both physiological and psychological. It is used as complementary to mainstream medicine systems such as Allopathy, Ayurveda, Homeopathy etc., and also used as a standalone or alternative process in the treatment of certain health conditions and in situations where other options are more or less exhausted. Its popularity in the recent times

is attributable to satisfaction expressed by those healed and confirmed by their family members.

Yoga Prana Vidya system (YPV) is based on ancient science which recognises the existence of an energy body surrounding the physical body of human beings and generally in all living entities. YPV treats and heals both physical body and energy body known as bioplasmic energy body or Aura, which encompasses and surrounds the physical body. Fig. 1 & 2 depict typical energy bodies of a healthy person and sick person respectively.

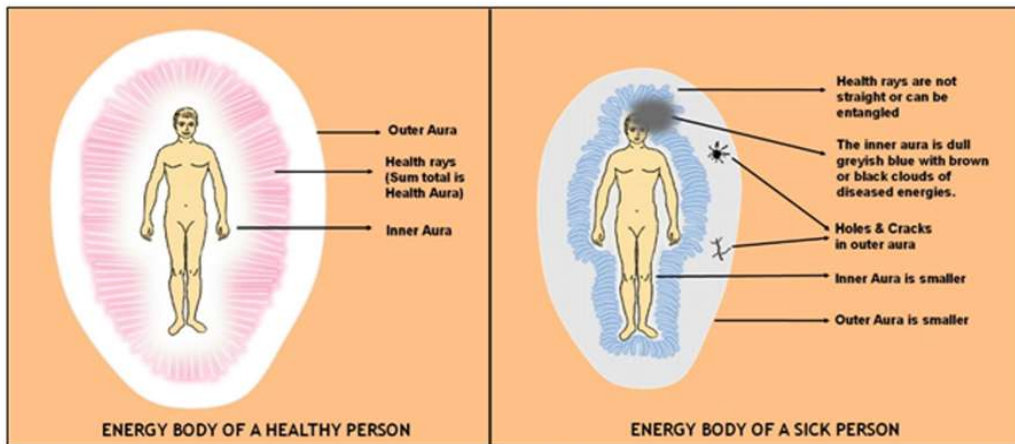


Fig 1: Energy body of a healthy person

Fig 2: Energy body of a sick person

The healer removes the diseased and contaminated energy and further acts as a channel to draw-in pranic energy and transmit by projecting it to the patient's physical body parts including

internal organs as well as to the respective Chakrams of the energy body which distribute the given energy to the energy body and physical body.



Fig. 3: Chakram of the energy body

Fig. 4: Healer projecting Pranic energy to patient

The chakrams healed in YPV practice are shown in Fig. 3 and the process of healer channelizing and projecting Pranic energy (bioplasmic energy) to the patient is as shown in Fig. 4. Proximal healing happens when the patient and healer are in the same room facing each other. Distance healing is when the healer is situated elsewhere or far away from the patient, hundreds or even thousands of Kilometers away. The energy bodies

of all individuals are within the energy body of earth and energy transfer from healer to patient happens almost instantly. A study by Radin et al.¹ investigated scientific evidence of distance healing intention therapies and found that significant experimental effects have been observed.

As integrated system, YPV applies three categories of protocols, these are: (1) Physical

and Rhythmic breathing exercises, Forgiveness Sadhana for patient self-practice either by oneself or in groups, (2) Guided Meditations for practice of patients by oneself or in groups including joining the Group Healing sessions online, and (3) energy healing, either self-healing, or by external trained healer. This way, a person's physical, mental, and emotional domains are simultaneously healed enabling holistic treatment of co-existing conditions.

Proficiency Levels of Yoga Prana Vidya (YPV) Healers

A rigorous system of training and certification of healers ensures appropriate levels of competencies and proficiency levels needed to effectively heal various health conditions. This system has been evolved through decades of research work and field experience gained, procedures standardized and implemented by the institution Sri Ramana Trust.

1. YPV Level 3 Healers: Are those, who got trained at three levels in five full day workshops by authorized YPV Trainers, on-line or off-line as follows:
 - a. YPV Level 1 for two days (or 14 hrs. with suitable schedule) and learn to do self-healing and heal family members and friends.
 - b. YPV Level 2 for two days (or 14 hrs. with suitable schedule) and learn to heal self or for chronic and serious ailments.
 - c. YPV Level 3 for one day (or 7 hrs. with suitable schedule) and learn to heal self or others for psychological conditions including relationship, stress, anxiety, addiction etc., and psychological aspects in case of chronic and serious ailments.
2. Done further two and half days (17 hrs.) Healer Development Level 1 workshop under an authorized Trainer. In this, learned special techniques for healing various ailments effectively. Subsequently, documented 25 healing case studies including 3 medically documented cases with reports. Interviewed by the respective Arhat Trainer and became Associated Certified YPV Healer.
3. Upgraded further by doing following workshops under authorized Trainers.
 - a. YPV using Crystals, workshop for one day (7 hrs.). Learned to do deeper and faster healing and additional special techniques using crystals.

- b. YPV for Psychic Self Protection workshop for one day (7 hrs.). Learned various simple and advanced techniques to dissolve psychic or negative energies, stress energies etc. impregnated or present in the environment or coming to the environment to help and protect oneself or the patients.
 - c. Arhat Yoga (including Achieving Union with Atma) workshop for three days (21 hrs.). This is integration of various yogas for accelerated Spiritual development including understanding Ashtanga Yoga. These practices of deeper purification, service and meditations, upgrade the aura systematically and safely apart from Spiritual upliftment. By following the suggested schedule, the aura becomes subtler, denser and bigger. This tremendously enhances one's healing abilities.
 - d. Healer Development Level 2 workshop for five hours. This is Integration of all techniques which are used to deeply heal oneself together in the group, plus some more special techniques are given.
4. Subsequently, documented 40 healing case studies including 10 medically documented cases with reports. Interviewed by the Senior Arhat Trainer and Mentor in two stages and became Certified YPV Healer.
 5. Next is, YPV Level Five healing which has highly advanced techniques and requires high capability in healing. Achieved through development by Spiritual practices of Arhat Yoga Level 3 and above.

It would take a minimum 5 years of persistent effort, upgradation and actual application in healing that this stage can be achieved. The following are the different ways to become YPV Level 5 healers:

- a. Those who have achieved stage level 3 or 4 above (become Associated Certified or Certified YPV Healer), upgraded to Arhat yoga Level 3 of Spiritual practices and have done One Year or four-month Spiritual Intensive Program at YPV Ashram, Sri Ramana Trust, are upgraded during the program as YPV Level 5 healers in a Group. They need to get upgraded to level 4 above (become Certified YPV Healer), to be recognised as YPV Level 5 healers.
- b. Those who achieved all 4 levels (become Certified YPV Healer) above and have become Arhat Trainers and after they generate many Certified Healers are upgraded to YPV Level

5 healers.

- c. Arhat Yoga Level 3 practitioners, who achieved up to level 4 above (become Certified YPV Healer) and generated 14 or more Certified YPV Healers under their guidance or generated minimum 4 YPV Certified Healers and published up to 10 YPV research papers (both together minimum 14) are upgraded as YPV Level 5 healers. Further, such healers also become Certified Senior YPV Healers.
6. Finally, YPV Level 5 healers who become Arhat Yoga Level 5 practitioners and after proper practice of minimum one year are upgraded to YPV Level 6 Healers, who are very few at present. It would take a minimum 11 years of regular practice and upgradation to achieve this level.

This is a clearly laid down process of upgrading healers to different levels of healing, by development through YPV practices and meditations, knowledge and skill development, application and achievements through Healer Development and Certification process. This way, it is a practice-oriented profession which combines theory, research and practice, similar to other professions such as medicine, engineering and law etc.

Health Camps

Health camps serve the purpose of enhancing people's awareness about health & wellness, and willingness to go through screening processes with a view to knowing current deficiencies in health and fitness and take treatment and preventive measures. Many of these camps are offered free by NGOs and interest groups to help rural and weaker communities with basic healthcare checkups and treatments.

A study by Bhondve et al. (2019) noted that In India, 60% of the population lack basic medical facilities, so health camps which provide short-term medical interventions for target communities would be beneficial.²

Sharma et al (2020) found in a study that more than 50% respondents in a mental health camp study had 50% probability of developing major stress induced health problems in the near future. More than 2/3rd participants had moderate levels of stress.³

A YPV health & Wellness camp is unique and the treatment is done with a comprehensive approach. An approach chosen by any camp delivers equal

importance to healthcare prevention even when treatment is being given. Nanduri and Chaitra (2019)⁴ reported a successful EYE camp using YPV healing, and Gupta et al (2022)⁵ conducted a successful YPV healing camp in a village with remarkable results.

A search of relevant literature shows that there are over 70 published research articles on successful applications of YPV protocols in treating a variety of illness conditions as complementary as well as alternative medicine. Some examples of successfully healed cases are female infertility, Rheumatoid arthritis, various types of addictions, breast cancer, COVID 19, kidney disease, brain stroke, knee-cap dislocation, Hodgkin Lymphoma, Nephrotic syndrome, serious snake bite, hypothyroidism, emergency and first aid, high cholesterol, eye diseases, arterial heart block, diabetes management and difficult medical cases.⁶⁻²⁵

This paper presents the outcomes and benefits of one YPV healing camp conducted by a group of YPV healers during July, 2022 at YPV Ashram in Tamil Nadu.

METHODS AND MATERIALS

This is a mixed methods study design by collecting quantitative and qualitative data of all participants before and after the healing camp to know through scientific investigations how the participation in the YPV healing camp impacted their health and wellness conditions.

Camp Siting

The study was conducted in the healing camp at YPV Ashram, Sri Ramana Trust, Thally 635118, Tamil Nadu.

With a view to helping people having illnesses of various kinds, both physical and psychological, and resolving their health problems through a YPV intervention, a health camp was organized as a two-week fully residential programme by a group of senior healers. Such camps are held at least twice in a calendar year, generally during July and December. The venue selected was YPV Ashram, because the Ashram environment, which is quiet and pollution-free, facilitates concentrated participation, ensuring a salt free diet with plenty of fruit and vegetables. Strict schedule will be followed by the participants supervised by the team of healers. This study was undertaken collecting data from one such camp conducted during July, 2022 at YPV Ashram. The

organizers of the camp made announcements and recruited interested patients who wished to participate in the camp voluntarily.

Ethical Approval

This research study was approved by an independent Ethical Review Board based in Pune, Maharashtra. Informed consent was obtained from all participants prior to participating in the healing

camp.

Participant demographics

A total of 30 participants availed the camp. There were 19 females and 11 males. Age of the participants ranged from 21 years to 74 years. The camp was conducted for 14 days and the individual participants attended the camp between 7 and 14 days depending on individual need and availability

Table 1: Participant demographic details.

Age	Gender	Native place	Health condition at Entry
59	Male	Ujjain	Blood pressure
74	Male	Raipur	Stress
58	Female	Noida	Psoriasis on the right knee, claustrophobia
70	Male	Ujjain	Tiredness and problem in walking
50	Male	Raipur	Lung problem and walking problem.
66	Female	Raipur	Blood pressure, Gastric issues, body pain, improper and lack of sleep
50	Male	Hyderabad	Asthma, anxiety, insomnia, high bp, kidney liver malfunctioning
64	Female	Raipur	Liver cirrhosis
65	Female	Raipur	Back pain, improper sleep, continuous sneezing during morning
65	Female	Raipur	Knee problem, bed rest for the last 3 months, unable to walk without support.
52	Female	Raipur	Body pain, issues in walking.
44	Female	Nagpur	Stress
44	Male	Dondaicha	Acidity
38	Female	Bilaspur	Blood pressure, migraine, Kidney stones, weakness, giddiness and headache
38	Female	Dondaicha	Allergy, Iron deficiency, Hypo-thyroid
69	Female	Mumbai	Leg pain and Movement of the body was compromised back pain
70	Male	Hyderabad	Diabetes, relationship issues with son and severe stress due alcohol addiction of son.
51	Female	Hyderabad	Post cancer symptoms, emotional health
60	Male	Jaipur	Thyroid and blood pressure
46	Female	Katni	Back Pain
35	Female	Noida	Anger issues
43	Female	Indore	Knee problem
56	Female	Bilaspur	Blood Pressure, inability to sleep properly.
72	Female	Kolkata	Pre-diabetic, thyroid, slip disc
65	Male	Noida	Blood pressure
59	Male	Ujjain	Blood Pressure
61	Female	Jaipur	Lung ailments, on oxygen concentrator support, difficulty in doing routine activities on her own.
23	Female	Hyderabad	Diabetes, food cravings, irritation and anger issues, lethargic and headaches
43	Male	Indore	Stress, spine problem
21	Female	Indore	Emotional issues, sciatica pain

of time. Table 1 shows participant demographic details and health conditions at entry to the camp.

Camp Organization

A team of 7 healers conducted the camp working

Table 2: Details of healers

S. No.	Coming from Town	Years of experience in YPV healing	YPV Proficiency Levels
1	Bangalore	29	Founder & head of the Organisation of the YPV system. YPV Level 6 Healer
2	Indore	17	Senior Arhat Trainer. YPV Level 6 Healer
3	Raipur	12	Crystal PSP Trainer. YPV Level 5 Healer
4	Raipur	10	Level 2 and 3 Trainer. YPV Level 5 Healer
5	Ujjain	7	Level 2 and 3 Trainer. Certified YPV Healer
6	Pune	9	Level 1 Trainer. Associated Certified YPV Healer
7	Mumbai	4	Level 1 Trainer. Associated Certified YPV Healer

with the patients starting from initial screening to exit interviews. Table 2 shows the details of the healers with their level of YPV experience.

Diagnostic and medical advisory facilities, and emergency services of a nearby hospital were available for the camp organizers as and when needed during working of the camp.

Data Collection

Quantitative data consisted of measurements of the following parameters of all participants both before and after the camp:

Height, weight, waist, V fat, bp (sys), bp (dia), O2 level, Stress (GDV camera), Spirometer, Brain waves using Muse headband and HRV (Heart rate variability)

Qualitative data consisted of patient experiences through feedback, exit interviews and follow up interviews.

Health Screening of Patients

For identifying the type and nature of illness and deciding appropriate healing plans, all participants were screened and their medical reports and medical history were viewed. The parameters measured were those stated above in the data collection section. Also, Individual counseling was done and data collected on present health conditions of each participant. Specific issues of health, the participants wished to be addressed in the healing camp and desired results were individually discussed and noted at the beginning of the camp. Table 3 below shows the categories of

Table 3: Illness categories of participants

Illness issues	Number of patient instances
Pain: different types	9
Blood pressure	8
Psychological & Emotional	7
Mobility	4
Sleep disorders	4
Stress	3
Diabetes	3
Thyroid	2
Respiratory	1
Weakness, tired, giddiness	1
Acidity	1
Liver	1
Spine	1
Skin	1
Addiction	1
Relationships issues	1
Iron deficiency	1
Allergy	1
Continuous sneezing	1

the identified illnesses of the participants which the healers addressed during healing interventions in group and individually during the camp.

Daily Schedule and YPV Healing treatment plan

Table 4 below shows the daily schedule at the camp followed by all participants. The daily activity schedule includes all aspects of the integrated YPV system of healing, such as physical exercises, breathing exercises, morning fruit diet and controlled salt free diet, meditation sessions, Forgiveness sadhana and group and individual

Table 4: Daily activity schedule & YPV integrated Healing Treatment plan

Start Time	Activity
7.00 am	Consuming Isabgol, green tea and spoonful of sprouts
7.30 am	Physical Exercises; Rhythmic, complete and cleansing breathing
8.30 am	Planetary Peace Meditation (PPM) meditation with self-healing <i>Fruit diet and break</i>
10.00 am	1.Divine Group healing 15 minutes session <i>Short break</i> 2. Laying down of crystals and Individual healing with crystals
02.00 pm	Lunch break <i>Resting</i>
4.30 pm	Physical exercises, breathing exercises, walking
5.30 pm	Tea break
6.30 pm	Study session, Forgiveness Sadhana, Divine healing
8.30 pm	Dinner

healing sessions. A team of 7 healers as shown in Table 2 were present in the camp and all healing tasks for 30 patients were shared among the members of the healing team.

Every day, healing sessions were given to the

participants in group format as stated below:

1. Once a day Divine Group healing session-15 minutes.
2. Once a day laying down of crystals - 40 minutes.
3. Once a day Hdp Level 1 healing - 25 minutes.

Table 5: Healing sessions

Patient	Days of stay	Total Number of healing sessions	Total number of hours for healing sessions
1	8	32 healings	13 hours
2	14	56 healings	22 hours
3	7	28 healings	11 hours
4	14	56 healings	22 hours
5	14	56 healings	22 hours
6	8	32 healings	13 hours
7	9	36 healings	14 hours
8	14	56 healings	22 hours
9	12	48 healings	19 hours
10	14	56 healings	22 hours
11	14	56 healings	22 hours
12	14	56 healings	22 hours
13	8	32 healings	13 hours
14	8	32 healings	13 hours
15	8	32 healings	13 hours
16	14	56 healings	22 hours
17	9	36 healings	14 hours
18	7	28 healings	11 hours
19	14	56 healings	22 hours
20	14	56 healings	22 hours
21	7	28 healings	11 hours
22	8	32 healings	13 hours
23	8	32 healings	13 hours
24	8	32 healings	13 hours

25	14	56 healings	22 hours
26	8	32 healings	13 hours
27	14	56 healings	22 hours
28	7	28 healings	11 hours
29	8	32 healings	13 hours
30	14	56 healings	22 hours

4. Once a day level 5 healing 15 minutes.

The number of healing sessions and corresponding total hours of healing were recorded and shown in Table 5.

DATA ANALYSIS

Quantitative data has been analyzed using descriptive and significance statistical testing to know whether the change is statistically significant. Qualitative data has been analyzed for individual and group outcomes. The results of Data analysis are presented in the results section below.

RESULTS

(a) Measured physical parameters before and after:

For the group, the following results were achieved, changes in group average values. Statistical analysis for significance is done in respect of the following 7 parameter measurements.

1. Body weight was reduced by 2.73%. Statistical analysis using t test taking Alpha .05 (95% confidence level), shows there is statistically significant reduction in weight.
2. BMI reduced by 4.27%. There is statistically significant reduction in BMI.
3. V Fat reduced by 4.17%. Statistical analysis using t test taking alpha value of .05 shows there is statistically significant reduction in V fat.
4. Waist circumference reduced 2.32%. Statistical analysis using t test taking alpha value of .05 shows there is statistically significant reduction in the waist measurement.
5. Systolic blood pressure reduced 3.59%. Statistical analysis using t test taking Alpha .05, shows there is statistically significant reduction in systolic blood pressure.
6. Diastolic blood pressure was reduced by 2.44%. Though, the result is statistically not found to be significant.
7. O2 Saturation level increased by 2.55%. Statistical t test using alpha value of .05 shows

the results are statistically significant.

(b) Measured Stress values using GDV instrument before and after:

Average reduction of stress of the participants in the group, measured with the GDV instrument, is found to be 2.35%. Statistical analysis shows the reduction is statistically significant with alpha level of 0.05

(c) Measured lung capacity test using spirometer before and after:

Average increase for the group has been found to be 19.57%. Statistically significant tests assuming 95% confidence level showed significant increase in the lung capacity for the participants.

(d) Measured Brainwave strengths before and after:

Using the MUSE Brain wave analysis instrument, the imbalance of left and right brains showed that the left brain average strength of alpha waves before camp attendance has increased considerably (indicates increased peace and calmness) while the right brain activity increased slightly, as a result of camp participation. The data analysis calculations show that the left brain - right brain imbalance has reduced by 18.8%. This is indicative of an increase of the logical side to balance with the intuitive side, and it leads to a balanced person not excessively carried away by emotions.

(e) Measured HRV (Heart rate variability)

This parameter was measured with a portable Sanket 2.0 HRV instrument. HRV is generally considered as an indicator of a healthy heart. In this study, 18 out of 30 participants improved their HRV at the end of the camp. In respect of the remaining 12 participants, there was no change, as they were found as relaxed at the end as at the beginning of the camp.

(f) Outcomes of health issues

The effects of reduced body weight, stress, blood pressure, and increased lung capacity were the factors that caused improvements in the state of wellbeing for the participants eliminating or

reducing the health problems as narrated below.

1. Pain

Many participants who were complaining of various types of pain at the beginning of the camp reported improvements ranging from 50% to 100% gained during their stay and participation in the camp.

2. Blood pressure

Out of 8 patients who reported about their BP issues, 6 reported normal at the end of the camp. In case of two participants, there was no noticeable improvement that needs further investigations to know the underlying issues for a complete cure.

3. Psychological and emotional issues

All 7 cases who earlier reported varying issues, have experienced improvements as a result of increased overall well being

4. Mobility

All those who earlier reported difficulties in walking due to lack of energy and weak muscular conditions, have found great improvement by the end of the camp. One patient who was in a wheelchair earlier was able to walk without wheelchair and external support.

5. Sleep disorders

Those who reported sleep disorders such as insufficient sleep or lack of sleep improved to peaceful normal sleep, because of normalization of emotional and stressful conditions experienced.

6. Stress

YPV interventions are very de-stressing, as evidenced by increased alpha wave activity and balance of left and right brains. A calmer state of being has been achieved for those who earlier reported stressful state of being.

7. Diabetes

Some pre-diabetic Patients improved to normal condition. Those with diabetic conditions experienced about 10% reduction in blood glucose levels at the end of the camp, and further reduction of about 30% after 6 months after the camp ended. This shows sustained effort of patients over longer duration is required to further improve and maintain improvements.

8. Thyroidism

Those with Hypothyroid experienced T4 values reduced from high to normal range as noticed from

the lab reports.

9. Respiratory Problems

Breathing exercises of YPV helped the affected participants to increase lung capacity to inhale more oxygen, enabling purification of blood and more energy level. The improvements are evidenced by the spirometry tests.

10. Weakness, tired, giddiness

This patient complained of Lung problem and a walking problem in the beginning. At the end of the camp, his weight was reduced by 4.2%, reduced stress as per GDV by 12.3% and improved lung capacity by 38.8% as per spirometer. At the end of camp, these problems got reduced by about 80%. He appreciated saltless food as it contributed to better being. His lung problem and walking problem were reduced by 80%. After physical improvement, he was feeling much stronger physically, emotionally and mentally.

11. Acidity

This patient had reduced stress as per GDV by 8.5% and improved lung capacity by 17.4% as per spirometer. Together with a controlled diet, his acidity reduced. At the end of the camp, he was feeling calm and relaxed at physical, emotional and mental levels.

12. Spine problem

At entry this patient reported pre-diabetic, thyroid, and slip disc. Overall health condition at physical, emotional and mental levels improved substantially. Specific Improvements in walking, stamina and digestion were experienced, feeling relaxed, comfortable and more confident. Her stress reduced as per GDV by 5.5% and lung capacity improved by 17.2% as per spirometer.

13. Skin

At entry this patient reported Psoriasis on the right knee, and claustrophobia (fear of the confined spaces). Both these conditions improved by the end of the camp. Her weight reduced by 1.9%, stress reduced as per GDV by 7.2% and improved lung capacity by 6.2% as measured by Spirometer.

14. Addiction

The body weight of this participant reduced by 3.5%, stress reduced as per GDV by 12.5% and lung capacity improved by 33.4% as per spirometer.

He had earlier suffered from addictions of alcohol and tobacco, sleeping disorder, and high

blood pressure. He was in the camp for a week and felt tremendous changes in his physical, emotional and mental health. All his medications were stopped and he had zero withdrawal symptoms. His experience as narrated in his own words is, "5 years back when I did my YPV level 1 course my life changed completely, as back then I used to smoke 300 cigarettes a day. But, all of this stopped. Also, my alcohol consumption is almost nil."

15. Relationships issues

This 50-year-old patient who had long standing relationship issues with his family members, received a positive response after going through relationship healing. He received a call from his daughter after 2 years desiring to meet him.

16. Allergy

This patient had an allergy issue when she came in contact with dust. After going through the camp, she was not facing any allergy issues and started feeling very good.

17. Continuous sneezing

Weight of this patient reduced by 7% and lung capacity increased by 25.7% as per spirometer. She said, "Since, past 20 years I used to sneeze 15 to 20 times at a time in a day. But, from the time I entered ashram camp it has stopped completely."

Participants' Experiences & Feedback

All participants expressed their happiness and satisfaction that their participation in the healing camp benefited them physically, mentally, and emotionally, besides improving their health issues and specific illness conditions. Some quotes from exit interviews of participants are stated below

A 50 years old male participant stated, "Talking about the ashram, you feel content here, the food, the environment and in every aspect you feel content. This is Bliss, there is something higher above us that we experience in this place. When I go back, people will surely ask me what have you done? Why do you have this glow on your face? What have you done to change your physical condition? This is because I have the credibility for people to really understand the change that I have been through which is quite visible. I think everyone should know about this. I feel I have been living in a myth and this is the actual reality, the actual Spiritual Bliss. I will seriously miss this place and this camp after I go back to Hyderabad. This place has an immense energy and I would recommend people to visit this place to attend courses and the programs conducted here and utilize this priceless

opportunity. I would like to show a lot of gratitude to my gurus and the group which I was a part of during my stay here during the healing camp and everyone over here who took good care of us, with all the facilities, and the first thing that I am going to do when I meet my daughter is to make her meditate with me and ask her to learn ypv level 1 as soon as possible."

Another 50 years old male patient said, "Food was very good. Lung problem and walking problem reduced by 80%, after physical improvement I'm feeling much stronger at physical, emotional and mental levels"

A 65 years old patient who was unable to walk and was on a wheelchair for the past three months was able to walk on her own without any support by the end of the healing camp. She stated, "I'm so happy that I attended this camp, now I'm motivated that I can get healed and even when I go back home, I will walk on my own without any support. Thanks to my daughter for introducing me to this camp and I will also ask others to attend the next camp".

A female patient of 61 years old with lung fibrosis was on oxygen concentrator support. At the end of the healing camp, she was able to do all the routine activities without support. The spirometer test also showed positive changes in the lung capacity. She stated, "I had a wonderful experience at this camp, it was a complete change. Before coming to this ashram for the healing camp, I had a lot of doubts whether I'll be able to adjust in this environment or not, but the atmosphere here is very good, my mind got relaxed after coming here and meeting all the healers and all the people I felt even better, everyone is very supportive and made me very comfortable. One of the major changes that I observed was on a mental level, I used to take a lot of stress but it has drastically reduced after coming here. At the same time, I felt a lot of change at the physical level. I felt immediate relief especially after the crystal healing method. Also talking with the founder of ypv, shri N.J. Reddy you feel very positive, just simply being in his presence you feel you are getting healed. I would surely recommend everyone who wants to improve their health to attend these camps as health is the most important asset for a person."

DISCUSSION

Our study outlines the spectrum of health problems that were presented to this two weeks YPV healing health & wellness camp at YPV Ashram during July 2022. The results of the

present study showed that commonly diagnosed illnesses were pain, blood pressure, diabetes, stress, psychological and emotional issues followed by mobility, respiratory disorders, etc. The experiences of the participants in this camp are very much similar to the previous YPV camps held in 2018 and 2019.^{5,4} Integrated YPV practices, viz., physical & breathing exercises, forgiveness, sadhana and meditation techniques, and healing sessions enabled the participants to experience improvements in physical, mental and emotional wellbeing. In several cases medication was either reduced or stopped, allowing the body to find the cure naturally.

The YPV healing camp is conducted in a well-controlled conditions at Yoga Prana Vidya ashram with daily schedules to follow, strict vegetarian salt-less diet, exercises and other group practices along with higher levels of healing techniques which result in rapid, deeper, substantial and miraculous healings compared to individual healings done outside the ashram.

The lifestyle in YPV healing camp is very carefully designed which people have to adhere to even in their home settings for sustained long-term lasting benefits. It is observed that some participants strive to maintain the self-practices such as Rhythmic yogic breathing, forgiveness sadhana and meditation after leaving the healing camps in their home settings, whereas some participants fail to change their lifestyle and relapse to their previous living style. The trend however is to adopt a healthy lifestyle with boosted immunity, as necessitated by problems of pandemics such as COVID. We can also understand the impact of group activities as how group synergy can support the subjects to get better in accelerated manner. Further research can be done to understand in details about group importance. Healing camps such as this one are raising more health awareness among the general public and making them more responsible for their own health by integrated self-practices and to bring in lifestyle changes. These need to be promoted and supported in a large scale demographically in each country. More dedicated YPV healers are needed to conduct such healing camps. There is a need to conduct YPV workshops in all institutions and all sections of the society, to promote self-help and to help others in need. YPV needs to be promoted to boost and sustain immunity, which is the need of the hour.

Nanda et al. (2021) have concluded that interprofessional collaboration for health camps involving various professionals belonging to

different disciplines to work together as a team for organizing and monitoring health camps, have been found to be beneficial.²⁶ This camp is one such example.

CONCLUSIONS

The beneficiaries appreciated the event and expressed the requirement of organizing such healing camps in future again. The camp was need based as revealed by the organizers and beneficiaries. Appropriate strategies of collaborations in future can result in more participation, and utilization of such health camps. Yoga Prana Vidya healing camps using proven integrated system of protocols can strive to achieve these goals to serve the societies. Health camps need to be promoted and supported at all levels.

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