

**P G Diploma in Memory Development and Psycho
Neurobics**

PAPER -1

SCIENCE OF MEMORY

Unit 1: Human Mind and Storage of Memory: Human Made Computer v/s Head Top Computer--Its Functions-Relationship with the Operator--Thoughts, Brain Waves and Body Relationship--Soul, Mind and Brain Relationship--Memory Folders or Menu of Sub-Conscious Mind

Unit 2: Formation of Memory: Working Laws of Memory (Law of Belief/Law of Self Preservation/Law of Substitution/Law of Concentrated Attention/Law of Compulsion/Law of Observation/Law of Memory Languages)--Process of Formation of Memory--Stages of Formation of Memory--Language of Formation of Memory

Unit 3: Factors Affecting Memory/Enhancing Memory-- Factors Affecting Registration--Factors Affecting Retention--Factors Affecting Recollection

Unit 4: Memory Development Skills: Mnemonic Techniques of Association--Mnemonic Startegy of Loci System--Link Method--The Story System--The Peg System--Mind Mapping--Mental Filling System--Comprehension Method-Mechanical Method

Unit 5: Application of Memory Techniques--Enhancing Registration--Enhancing Retention--Enhancing Recollection

Book References

- 1.Improve your Memory by BK Chandrasekar (Published by Mahabir Publications)
- 2 Memory, Mind & Body by Biswaroop Roy Chowdhury (published by Diamond publication)

PAPER – II

PSYCHO NEUROBICS

Unit 1: Inner Body-- Types of Inner Body--Chakra system--Meridians--Energy Flow

Unit 2: Disease--What is Disease--Mechanisms and Causes of Diseases

Unit 3: Healing--Levels of Healing--Healing Techniques--Mechanism of Vibrational Healing

Unit 4: Psycho Neurobics--Introduction to the Psycho Neurobics--Types of Psycho Neurobics--Basic Psycho Neurobic Exercise

Unit 5: Advanced Psycho Neurobics--Description of Advanced Psycho Neurobics

Book References: -

1. Invisible doctor by Chandrasekar (Published by Diamond Pocket Books)
2. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
3. Health in Your Hands by BK Chandrasekar(Published by Mahabir Publications)

PAPER – III SCIENCE OF MIND

Unit 1: Science of Self: Real self – Journey of the Real Self – Karmic Philosophy -- Soul-Mind-Brain-Body relationship – Subjective Mind – Objective Mind

Unit 2: Science of Mind--Classification of Mind--Mind and Brain Relationship--Functioning of Mind--TEAM of Mind

Unit 3: Thoughts Management--Types of Thoughts--Thoughts Management--Channelization Of Thoughts--Treat Mind as Your Best Friend

Unit 4: Emotions Management--What is Emotion?--Types of Emotions--Emotional Memory--Emotions Management--Emotional Freedom

Unit 5: Self Empowerment--Steps of Self-Empowerment--Thoughts Empowerment--Mind Empowerment--Empowering Intellect--Mastering Mind--Empowering Inner Eco-System--Holistic Development

Book References: -

1. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
2. Health in Your Hands by BK Chandrasekar(Published by Mahabir Publications)

**PAPER – IV
(PRATICAL)
PSYCHONEUROBIC EXERCISES - I**

Paper-4: Practicals

Unit 1 – Personal Goals--Personal Reasons--Personal Challenges--Personal Tests--Personal Recommendations--Personal Commitments--Personal Progress Reports

Unit 2 – Charts--Chakra Chart--Neurobic Chart--Meridians Chart--Daily Exercise Chart--Psycho Neurobics in Specific Diseases--Psycho Neurobics in Emotional Management

Unit 3 – Pratical Basic Psycho Neurobics

Basic Psycho Neurobics--Purifying Neurobics--Joyful Neurobics--Loving Neurobics--Peaceful Neurobics--Enlightening Neurobics--Blissful Neurobics--Neurobic Spa

Unit 4 – Practical Advance Psycho Neurobics

Dynamic Psycho Neurobics--Rajyoga Meditation--Out of Body Experience to Soul World--Etheric Body Cleansing--Healing the 5 Elements of the Universe--Distant Healing--Advanced Psycho Neurobics Exercise--Advanced Neurobic Spa--Healing Home & Home Relationships--Healing Work Place & Work Relationships--Divine Cleansing of all 7 Chakras

Unit 5 - Practical Field Study

Personal Healing Project--Guide for your study--Aim of your study--Approach of your study--Sample of Study--Data Collection--Analysis--ANNEXTURE- I--ANNEXTURE- II

References –

1. Invisible doctor by Chandrasekar (Published by Diamond Pocket Books)
2. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
- 3 Health in your hand by BK Chandrashekhar (Published by Mahabir publishers)