



TAMILNADU PHYSICAL EDUCATION & SPORTS UNIVERSITY
DISTANCE EDUCATION
DIPLOMA IN MEMORY DEVELOPMENT AND PSYCHO NEUROBICS

Regulations and Syllabus

Regulations

(Dip. MD & PN)

(Distance Learning Programme)

(With effect from Academic year 2010-2011)

Paper	Theory	Maximum Marks	Minimum Marks of passing	Durations(hrs)
1	Science of Memory	100	40	3
2	Psycho Neurobics	100	40	3
3	Practical	100	40	3

60% and above but less than 75% 1st class

50% and above but less than 60% 2nd class

40% and above but less than 50% 3rd class

Eligibility for Admission : +2 passed(HSC) or equivalent

Duration of the course : One Year (Academic)

(To be completed within 3 years from the date of Admission).

Pattern : Non Semester

Medium of instruction : Hindi, English and Tamil

Compulsory PCP : 7 days

Syllabus
Diploma in Memory Development & Psycho Neurobics
(Dip. MD&PN)

1. Science of Memory

- 1) Human Mind and Storage of Memory
- 2) Formation of Memory
- 3) Memory Development Skills
- 4) Application of Memory Techniques
- 5) Enhancing Retention and Retention

2. Psycho Neurobics

- 1) Factors Affecting Memory
- 2) Science of Mind
- 3) Inner Body
- 4) Self Empowerment
- 5) Basic Healing through Psycho Neurobics

3. Practical

- 1) Charts and Psycho Neurobics in Specific Diseases
- 2) Practical of Basic Psycho Neurobics
- 3) Basic Healing Psycho Neurobics
- 4) Advanced Neurobics and Rajyoga Meditation
- 5) Healing through Psycho Neurobics

Book References

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

Detailed Syllabus
Diploma in Memory Development & 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: 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 4: Application of Memory Techniques--Enhancing Registration--Application of Memory Techniques in day-to-day life

Unit 5: Enhancing Retention and Enhancing Recollection-- Visualisation by Third Eye--Effective Revision Plans--Enhancing Recollection

Paper- 2: Psycho Neurobics

Unit 1: Factors Affecting Memory/Enhancing Memory-- Factors Affecting Registration--Factors Affecting Retention--Factors Affecting Recollection

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

Unit 3: Inner Body-- Types of Inner Body--Chakra system--Meridians--Energy Flow

Unit 4: Self Empowerment--Steps of Self-Empowerment--Thoughts Empowerment--Mind Empowerment--Empowering Intellect--Mastering Mind--Empowering Inner Eco-System--Holistic Development

Unit 5: Basic Healing through Psycho Neurobics--Introduction to the Psycho Neurobics--Types of Psycho Neurobics--Basic Psycho Neurobic Exercise

Paper-3: Practicals

Unit 1: Charts and Psycho Neurobics in Specific Diseases-Chakra Chart--Meridian Chart--Hast Mudras--Psycho Neurobics--Psycho Neurobics in Emotional Management

Unit 2: Practical of Basic Psycho Neurobics--Empowering Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits--**Purifying Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Joyful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Loveful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Peaceful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits

Unit 3: Basic Healing Psycho Neurobics--Enlightening Neurobics – Hand gesture, mental posture, breathing procedure, colours and benefits--**Blissful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Neurobic Spa** – Hand gestures, colour sequence, steps of spa, physiological and psychological benefits

Unit 4: Practical of Advanced Neurobics and Rajyoga Meditation--Dynamic Psycho Neurobics--Rajyoga Meditation

Unit 5: Healing through Psycho Neurobics--Out of Body Experience to Soul World--Ethereic Body Cleansing--Healing the 5 Elements of the Universe--Distant Healing--Advanced Psycho Neurobics Exercises--Advanced Neurobic Spa--Healing Home & Home Relationships--Healing Work Place and Work Relationships--Divine Cleansing of all 7 Chakras