



**TAMILNADU PHYSICAL EDUCATION & SPORTS UNIVERSITY
DISTANCE EDUCATION**

CERTIFICATE COURSE IN MEMORY DEVELOPMENT AND PSYCHO NEUROBICS

Regulations and Syllabus

Regulations

(Certificate in 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 & Psycho Neurobics	100	40	3
2	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 : 10th Class Pass

Duration of the Course : 6 Months (Total 24 Classes of 2 Hrs Each, Weekly Twice)

Medium of instruction : Hindi, English and Tamil

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

Paper 1 - Theory

1. Science of Memory and Psycho Neurobics

Unit 1: Human Mind and Storage of Memory

Unit 2: Formation of Memory

Unit 3: Memory Development Skills

Unit 4: Science of Mind

Unit 5: Basic Healing through Pycho Neurobics

Paper 2 - Practical

Unit 1: Application of Memory Techniques

Unit 2: Charts and Psycho Neurobics in Specific Diseases

Unit 3: Practical of Basic Psycho Neurobics

Unit 4: Basic Healing Psycho Neurobics

Unit 5: Advanced Neurobics and Rajyoga Meditation

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 Strategy of Loci System--Link Method--The Story System--The Peg System--Mind Mapping--Mental Filling System--Comprehension Method-Mechanical Method

Unit 4: Science of Mind--Classification of Mind--Mind and Brain Relationship--Functioning of Mind--TEAM of Mind

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

Paper - 2: Practicals

Unit 1: Application of Memory Techniques--Enhancing Registration--Enhancing Retention--Enhancing Recollection

Unit 2: Charts and Psycho Neurobics in Specific Diseases--Chakra Chart--Meridian Chart--Hast Mudras--Psycho Neurobics--Psycho Neurobics in Emotional Management

Unit 3: 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 4: 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 5: Practical of Advanced Neurobics and Rajyoga Meditation--Dynamic Psycho Neurobics--Rajyoga Meditation

