

Detailed Syllabus
B.Sc. I year in Psycho Neurobics
Part – I (English)
Paper – I

Unit I – PROSE

1. The Golden Touch (Midas Touch)
2. The selfish giant
3. Lalajee
4. Face of Judas Iscariot
5. Cinderella

Unit II – POETRY

1. Lucy Gray
2. Matilda
3. The Ballad of Father Gilligan
4. Laugh and Be Merry
5. Incident of the French Camp

Unit III – SHORT STORIES

1. A Day's Wait
2. The Tattered Blanket
3. The Eyes are Not There

Unit IV – ONE ACT PLAYS

1. The Informer
2. The Trial Scene from “ The Merchant of Venice”

Unit V- COMMUNICATIVE GRAMMER

1. Function Grammar & Functional English Exercises at the End of Every Lessons

Part – II (Elective) Tamil / Hindi

Syllabus of Tamil – Paper – I (Same as B.Sc. in Yoga)

இளஅறிவியல் பட்டப் படிப்பு (யோகமும் மனித மாண்பும்)

I பாடத் திட்டம் (SYLLABUS)

முதலாம் ஆண்டு

தாள் - 1 : தமிழ் - செய்யுள் மற்றும் உரைநடை
(Syllabus of School of Distance Education of Part I and Paper I)

செய்யுள் :

- | | | |
|-------------------------|---|-------------------------------------|
| 1. பாரதியார் | - | பாரத தேசம். |
| 2. பாரதிதாசன் | - | சஞ்சீவி பர்வதத்தின் சாரல் |
| 3. அப்துல் ரகுமான் | - | ஒப்பில்லாத சமுதாயம். |
| 4. ஆண்டாள் பிரியதர்சினி | - | மாங்கல்ய மரமும் தொட்டில் மரமும் |
| 5. சுரதா | - | வாழைப்பூ வேதாந்தம் |
| 6. திருக்குறள் | - | பெரியாரைத் துணைகோடல், ஆள்வினையுடைமை |

உரைநடை :

1. ஆசைகளைச் சீரமைத்தல் - அறிஞர் குழு, உலக சமுதாய சேவா சங்கம், ஆழியாறு.
2. தியாகமற்ற வழிபாடு - காந்திய அணுகல் - சு.பாண்டியன்.
3. பெரியார் உணர்த்தும் சுயமரியாதையும் சமதர்மமும் - வே.ஆனைமுத்து
4. தமிழர் பண்பாடு - ஒரு விளக்கம் - டாக்டர்.சோ.நா.கந்தசாமி.

Hindi – Paper – I

UNIT – 1

Medieval Hindi Epic Phrases

1. Kabir Das
2. Surdas
3. Tulsidas
4. Mirabai

UNIT – 2

1. Raskhan
2. Bihari
3. Ghananand

UNIT – 3

Beginning of Hindi Literature

1. Writing Tradition of History of Hindi
2. Time Division of History of Hindi Literature
3. Naming of Beginning Period
4. Society/Situations and Environment of Beginning Period
5. Nature of Hindi Bravery Period
6. Nature of Beginning Literature.

UNIT – 4

1. Source and Tradition of Raso`s Development.
2. Prithvi Raj Raso – A conflicting Creation.
3. Prithvi Raj Raso - Beauty of Epics.
4. Valuable Beginning of Sculpt and Sculptor.
5. Short Answered Questions.
6. In text Questions.

UNIT – 5

1. Definition of Epics and Explanation of its Elements.
2. Nectar, Embodiment and Parts.
3. Secrets of Nectar.
4. Explanation of Jewels.
5. Phrase Introduction.
6. Power of Words.
7. Qualities of Epic.
8. In text Questions.

Part – III Main – Psycho Neurobics

Paper – III

Science of Memory

1. Science of Memory

Unit – 1 Human mind and memory

Unit - 2 Stages and Laws of Memory

Unit - 3 Memory techniques

Unit - 4 Memory Development skills

Unit - 5 “Answer” Technique

Detailed Syllabus

Paper -1: Science of Memory

Unit 1: Human mind and memory: Head top computer-Its components-Its functions-Relationship with the operator- Mind and Body relationship-organization

Unit 2: Stages and Laws of Memory: Registration-Retention-Recollection-working laws (law of belief/Law of self Preservation/Law of substitution/Law of concentrated attention/Law of compulsion/Law of observation/Law of Memory Languages)

Unit 3: Memory techniques: Mnemonic Techniques of association-Mnemonic strategy for Loci system-Link method -The story system –The Peg System-Mind Mapping-Mental Filing System-Comprehension method-Mechanical method

Unit 4: Memory development skills: Make Images & visualize by Third Eye-Effective Revision Plan-Use of both Brains- Alpha study method- Mental and Physical Exercises

Unit 5:” Answer” technique: Attention-No to negative thoughts-Sleep management-Water therapy-Eye of the self-Ridiculous Ideas

Paper – IV

Fundamentals of Psycho Neurobics

Detailed Syllabus

Unit 1: Factors affecting Memory: External memory aids-Internal memory aids-Recency and Primacy effect-Similarity effect-Intensity-Weirdness effect-Lack of attention-Lack of mental exercises-Lack of concentration-Interference-Repression-Drugs

Unit 2: Mind and Brain: Mind and Brain Relationship – Mind/Intellect/sanskar functions and interactions-working of the Self through Body

Unit 3: Inner Body & its relationship: Body-less body-Energy body (Emotional or Ethereal body/ Astral body/Mental body/Spiritual body /Cosmic body) – Chakras (Functions/Awakening/Activating)-Relationship with Primary values - Outer body.

Unit 4: Working of third Eye & its benefits: Visualization-de stress-get rid of Diseases- hypnotherapy-Positive personality-Will power-impossible possible- self confidence-Higher EQ- power to Face

Unit 5: Healing the Self& the Body: DIS-EASE- Causes of diseases-Healing Techniques-Psycho Neuro Techniques- Light/Sound/Easy/Dynamic neurobics, Meditation

Paper – V

Human Anatomy & Physiology

Unit – I

Introduction to Human Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Psycho Neurobics – Human body as an integrated whole; Cells, Tissues, Types of Tissues- Organs and Systems – Various systems in the Human Body

Unit – II

Respiratory System – Respiration – Respiratory Tract – Alveoli – Lungs; Structure & Functions – Vital Capacity

Muscular System – Types of Muscles; Skeletal Muscle, Cardiac Muscle and smooth Muscle – Structure and Functions

Skeletal System – Bones, Joints – Types, Functions

Unit – III

Nervous System: Neuron – Central Nervous System (CNS); Brain and Spinal Cord- Peripheral Nervous System (PNS); Cranial Nerves and Spinal Nerves – Autonomic Nervous System (ANS): Sympathetic Division and Parasympathetic Division

Endocrine System: Endocrine Glands- Functions Of Endocrine Gland: Pituitary, Thyroid, Para – Thyroid, Thymus, Pancreas, adrenal & Sex glands.

Unit – IV

Circulatory System – Heart: structure & Functions, Cardiac Cycle, Cardiac Output – Types of Circulation

Digestive system – Digestive Tract: Structure & Functions – Digestive Process- Liver Pancreas – Functions

Unit – V

Excretory System: Kidney – Urinary Tract – Special Senses : Vision, Hearing, Taste, Smell. Reproductive System: Male & female Reproductive System. Posture – Good and Bad posture

Paper – VI – Practical

Psycho Neurobics Exercises - I

Hand gestures – Chin mudra, chinmoy mudra, Prithvi mudra, akash mudra, shunya mudra, Vayu mudra, Apan-Vayu mudra, apan mudra, shiva linga mudra, Agni mudra

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

Rajyoga Meditation – Initiation, Withdrawal, contemplation, meditation and concentration

Detailed Syllabus
B.Sc. II year in Psycho Neurobics
Part – I (English)
Paper – I
ENGLISH – II
ATOMIC POISON

Unit – I Atomic Poison

1. An Iniquitous act of polluting the air.

Unit – II Spirituality

1. Advancement in the air of distraction.

Unit - III The Root Cause for Every Crime

1. By an Individual is the social system.

Unit – IV Is Science for Destruction?

Unit – V The plan for a Bright Future

Text Book:

1. Atomic Poison – Vethathiri Publication

Part – II (Elective) Tamil/ Hindi

Syllabus of Tamil – Paper – I (Same as B.Sc. in Yoga)

இளஅறிவியல் பட்டப் படிப்பு (யோகமும் மனித மாண்பும்)

II பாடத் திட்டம் (SYLLABUS)

இரண்டாம் ஆண்டு - தமிழ் II

தாள் - ௫ : திருக்குறள் உட்பொருள் விளக்கம்

அலகு - I : கடவுள் வாழ்த்து :

1. குறள்கள் - விளக்கம் - அகர முதல - கற்றதனால் - மலர்மிசை - வேண்டுதல் - இருள்சேர் - பொறிவாயில் - தனக்குவமை - அறவாழி - கோளிற் - பிறவிப் - துப்பார்க்கு.

அலகு - II : நீத்தார் பெருமை :

1. ஒழுக்கத்து - இருமை வகை - சுவை ஒளி - நிறைமொழி - குணமென்னும் - அந்தணர்.

அலகு - III : அறவாழ்வு :

1. அறத்தாறு - இல்வாழ்வான் - தென்புலத்தார் - தக்கார் - அடக்கம் அமரருள் - தீயவை தீய - ஒத்தறிவான் - ஈதலிசைபட.

அலகு - IV : அருளும் பொருளும் :

1. அருளில்லார்க்கு - கொல்லான் - இலர் பலராகிய - மழித்தலும் - வாய்மை - மனத்தொடு - சினமென்னும் - கூத்தாட்டவைக் - பொருளல்லவற்றை - எப்பொருள் - ஓர்த்துள்ளம் - பிறப்பென்னும்.

அலகு - V : ஊழ் :

1. நுண்ணிய - வகுத்தான் - மனத்தாய்மை - குணம் நாடி - ஐயப்படா அது - கல்லாத வலியார்க்கு - மருந்தென - சொல்லப் - அவ்விய - பொருளல்லவற்றை - பற்றுக.

பாடநூல் :

1. திருக்குறள் உட்பொருள் விளக்கம் - வேதாத்திரி பதிப்பகம்.

நோக்கீட்டு நூல்கள் (References):

1. திருக்குறள் - மறைமலை அடிகள்.
2. திருக்குறள் - மு.வரதராசன், பாரி பதிப்பகம்.
3. திருக்குறள் - பரிமேலழகர்

Hindi – Paper – I

UNIT – I

Modern Epics

1. Ayodhya Singh Upadhyay “ Hariodh”
2. Mathilisharan Gupt
3. Jaishankar Prasad
4. Suryakant Tripathi “ Nirala”

UNIT – 2

1. Mahadevi Verma
2. Ram Dhari Singh “Dinkar”
3. Bharat Bhusan Aggarwal

UNIT – 3

Period of Hindi Literature

1. Long Answer type Question
2. Short Answer type Question
3. Intext Questions

UNIT – 4

Hindi Community and Explanation

1. Computer : Type and Importance
2. E – Mail : Procedure
3. Internet : Type and Use

UNIT – 5

1. Definition by Machines
2. Explanation : Definition and Type
3. Explanation : Procedure and Use

Part – III Main – Psycho Neurobics

Paper – III

INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

Unit - I

Meaning – Definitions – Need, Aims & objectives, Scope of therapy, Disease – Causes – Mode of transmission – Need for Alternative medicine – Scope of Alternative medicine – Traditional System of medicine and healing.

Unit – II

Western System of Allopathic Medicine – Ayurveda – Siddha – Naturopathy – Homeopathic – Unani System – Approach towards health – Advantages and Limitations of Various Systems of Medicine.

Unit – III

Physiotherapy – Exercise Therapy, Hydrotherapy, Electrotherapy, Massage, Relaxation technique – Role in Rehabilitation. Acupressure – Acupuncture – Therapeutic touch – Shiatsu – Fasting as therapy.

Unit – IV

Reiki in body therapy - Mud therapy – Music Therapy – Sound therapy – Colour therapy – Magneto therapy – flower therapy- Herbal therapy – psychotherapy – Hypnotherapy.

Unit – V

Drug abuse – alcohol, smoking – Addictions and de - addiction techniques – Prayer and Spiritual dimensions of Healing - Yoga as Medicine – Counseling – Charismatic healing – Faith healing.

Paper – IV

AEROBICS OF BODY MIND AND SOUL

Unit – 1 Neurobics – Holistic Approach

What is neurobics – Brain balancing act – holistic approach of neurobics – Test your mind

Unit – 2 Building Mind - Muscles

Increasing flexibility – Creativity – Mental Endurance – Mental Coordination – Mental Concentration

Unit – 3 Mind Control Technologies

Developing focus of mind – Creating Geo Rhythm – Stereogram Techniques – Mind Puzzles – Progressive cellular relaxation techniques

Unit – 4 Healing Mental Constipation

Breaking the vicious circle of mind – Removing mental constipation – Empowering Mind – Body Energy Channels – Developing Will Power

Unit – 5 Self – Empowerment

Realisation of inner self – Healing the roots of vices – Activating original nature of the soul – Developing Supra Consciousness – Commanding the nature

Paper – V

PSYCHO NEUROBICS IN PERSONALITY DEVELOPMENT

Unit – I

Personality – Definition – Meaning- Concept of Personality – Self esteem-guidelines on Personality – Developing Good personality – Assessment of Personality

Unit – II

Fundamentals of career rules – psychological positions – Career Planning – Better human relationship – Time Management - Qualities of leaders – Positive thinking – Powers and effect of thoughts.

Unit – III

Communication – Basics of communication – Communication goals – Barriers of communication – Real communication – Verbal and Non – verbal Communication – Art of listening.

Unit – IV

Perception – outline of tone – Modulation Speech – Analyzing the Occasion – Audience and their Psychology – Pleasant Voice – Dialogue Process. Do's and don't of communication skills.

Unit – V

Role of Psycho Neurobics practices in personality development & Communication Skills.

Speech Plan 1 – Performance.

Speech Plan 2 – Content

Art of speaking - Presentation Techniques.

PAPER – VI – PRACTICAL

PSYCHO NEUROBIC EXERCISES - II

Hand gestures in curing diseases – Vayu mudra, Apan-Vayu mudra, apan mudra, shiva linga mudra, Agni mudra

Empowering Neurobics – Hand gesture, mental posture, breathing procedure, colours and benefits

Purifying Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits

Neurobic Meditation – Hand gestures, colour sequence, steps of meditation, physiological and psychological benefits

Rajyoga Meditation – Out of body experience and Soul realisation

B.Sc. III year in Psycho Neurobics

Paper – I

ADVANCE MNEMONICS

Unit I – Applications of Mnemonics

Mnemonics to memorise - Multiple choice questions (physics) , botany , Zoology – Oral Questions of Physics – How to remember Definitions – how to memorise periodic table – plant kingdom – how to memorise formulae – some special point in mirror – keyword method for learning long theories, general science

Unit II – Applications of Mnemonics I

Mnemonics to memorise - History Dates and events – facts of geography – important natural lakes – important cities of world – ancient civilizations – fundamental rights – important rulers – important constitutional amendments – geography long theory – history long theory – maps –income tax – section subsection – accounting standards – management audit – Indian economy – oil refineries.

Unit III – Advance Mnemonics for Passing Competitive Examinations

Mnemonics for CAT, MAT- Banking Exams – Note making – Revision plan – Curing Absent mindedness – Relaxation Mnemonics.

Unit IV– Mnemonics for Living Values

Mnemonics of Ramayan – Messages of living values from the characteristic of Ram, Sita , Janak , Lakshman , Hanuman , Raavan, Vibhishan, kumbhkarana , - mnemonics of modern psychodrama - Mahabharat – the characteristics and meaning of characters (Pancha Pandavas – Arjun , Yudhisthir – Bheem – Nakul – Sahdev) the meaning of Kauravas characters (Shakuni mama – Duhshasan – Duryodhan – Gandhari etc.)

Unit V– Mnemonics of Management Lessons

Management through Ganesha – the meaning of big head, big trunk, big belly, laddo, meaning of his weapons, meaning of short legs – meaning of 108 names of Ganesh
management lessons through Nav-Durga

PAPER – II

MIND EMPOWERMENT

Unit I - Science of Mind

Why Need to study the science of mind – Various Facets of the science of mind - Science of Self - Subtle Energy centre's and aura - Moral science - Spiritual science - law of nature - Cosmic rays and the role of supreme power - Art of happy and healthy living - Goal and role of life -Harmony with science and spirituality - solution of all problems – healing power of mind – purification of mind for pure nature – telepathy and telekinesis – concentration & will power.

Unit II - Science of Mind Control

Mind control system by third eye – methods of visualization – mental movies method – alpha mind techniques – prayer method – logical method – rajyoga method – blessing method – correction of wrong data by mind – discipline your mind- mental rehearsal system – create a new vision – create powerful affirmations – create emotional anchors for neural linking – prepare your neural imprinting material

Unit III - Mind Assets

Belief system – micro and macro – how to change your belief – be your own guide in dealing with karmic accounts – visualize your success to realize it – zeal and enthusiasm – be a history maker not a history reader – remain young for ever – (neurogenesis) - active and dynamic – right conditioning of mind - change behavioral pattern and attitudes – nourished diet – why no to use onion and garlic) – right breathing pattern (right breathing from glottis and why tortoise live its 100 years)

Unit IV Characteristics of Empowered Mind

Success in the hand – why our desires are not fulfilled – How to fulfill our desires – Healing power – I am possible attitude – do it anyway without any doubt – final dose of inspiration – examples – world's fastest man with no feet – first amputee ever to qualify for Olympics – lance conquered cancer to make world record in cycling .

Unit V – Developing Intuition Power

Why animals get information earlier than human about any disaster - how can anybody develop intuition power .

PAPER – III

VALUE MEDICINE

Unit – 1 The Placebo Effect

Single most powerful tool for healing – Power of healing within – How placebo works – Mind conditioning

Unit- 2 Patient Empowerment

Guiding patients – Change of belief system – Positive programming – medication with meditation

Unit – 3 Moral values – Elixir of Life

Value medicine – new approach – Primary Value – Secondary Value – How Values makes life valuable

Unit – 4 Nurturing Values

Conscious vs Sub consciousness, Bypassing Consciousness – NLP – Hypno-healing – Self Empowerment

Unit – 5 Nature Healing

Inner nature vs outer nature – Natural and nutritious food – Healing inner nature - Empowering outer nature – Ecological balance

Paper – IV – Practical

Psycho Neurobics Exercises - III

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

Sigfa Healing – Hand gestures, state of mind, Universal mind, colour Vibrations, physiological and psychological benefits

Rajyoga Meditation – Healing five elements of nature

Hypno – Healing – Self Hypnosis

PAPER - V

TEACHING & COUNSELING PRACTICE

- Part – I** **Introduction**
- Part II** **Demonstration**
- Part III** **Practicing Psycho Neurobics**

- a) Group Practice : Whole class will do the practice while instructions and demonstration are going on.
- b) Partner Practice : Practice
- c) Corrections : Correction by the teacher

Part IV **Explaining benefits**

Part –V **Counseling**

PAPER - VI

Project

A project may be submitted regarding psycho neuro therapy by the students after visiting and assisting and training psycho neurobics at hospitals or Health Centres or wellness centres for 15 days. The internal marks will be for 25 and the external marks will be for 75 to totaling 100.