

# **Diploma in Memory Enhancement Science and Stress Management**

## **Objective:**

- 1-To Create an Awareness about Mind, Memory and Healing Power within Self
- 2-To Teach the Practical Techniques to Increase Concentration Power
- 3-To Create Awareness about Root Causes of Illness
- 4-To Teach Them the Most Effective Ancient Techniques of Wellness
- 5-To Empower the Self to Heal and Cure Lifestyle Diseases
- 6-To Create a Dynamic Personality and Holistic Health

**Admission Eligibility :** 12th Pass

**Unit** : 15

**Duration** : Minimum 1 Year

: Maximum 4 Years

**Course Fee** : Rs. 7000 + Training Fee + Examination Fee as per the Rule of University

## **Paper 1**

### **Memory Enhancement Science**

**Unit 1 : Science of Being and Soul**  
**1.0 to 1.8**

**Unit 2 : Science of Energy Body**  
**2.0 to 2.9**

**Unit 3 : Thought Process of Conscious Mind**  
**3.0 to 3.9**

**Unit 4: Relationship between Thoughts and Emotions**  
**4.0 to 4.9**

**Unit 5 : Relationship among Soul, Mind and Brain**  
**5.0 to 5.9**

- Unit 6 : Power of Imagination**  
**6.0 to 6.9**
- Unit 7 : Memory Management**  
**7.0 to 7.8**
- Unit 8 : Methods of Improving Memory**  
**8.0 to 8.8**
- Unit 9: Subconscious Memory Power**  
**9.0 to 9.9**
- Unit 10: Third Eye**  
**10.0 to 10.8**
- Unit 11: Application of Memory Power in Education**  
**11.0 to 11.8**
- Unit 12: Loci System**  
**12.0 to 12.8**
- Unit 13: Peg System**  
**13.0 to 13.8**
- Unit 14: Mind Mapping Technique**  
**14.0 to 14.8**
- Unit 15: Exercise of Memory Registration**  
**15.0 to 15.8**

## **Paper 2**

### **Stress Management through Psycho Neurobics**

- Unit 1: History of Psycho Neurobics**  
**1.0 to 1.11**
- Unit 2: Development of Psycho Neurobics**  
**2.0 to 2.12**
- Unit 3: What is Inner Body?**  
**3.0 to 3.9**
- Unit 4: Functions and Psychology of Chakras**  
**4.0 to 4.8**
- Unit 5: Hidden Root Causes of Diseases**  
**5.0 to 5.9**
- Unit 6: Process of Healing**  
**6.0 to 6.8**
- Unit 7: Mechanism of Vibrational Healing**  
**7.0 to 7.9**

- Unit 8: Psycho Neurobics Exercises**  
8.0 to 8.9
- Unit 9: Unhealthy Lifestyle and Stress**  
9.0 to 9.9
- Unit 10: Stress Management through Psycho Neurobics**  
10.0 to 10.9
- Unit 11: Know about Unhealthy Food**  
11.0 to 11.10
- Unit 12: Nutritious DIET**  
12.0 to 12.9
- Unit 13: DIET Management**  
13.0 to 13.8
- Unit 14: Ashtanga Yoga**  
14.0 to 14.8
- Unit 15: Healing through Psycho Neurobics**  
15.0 to 15.12

### **Paper 3**

#### **Human Anatomy**

- Unit 1: Introduction to Human Anatomy and Physiology**  
1.0 to 1.11
- Unit 2: Introduction to Human Body**  
2.0 to 2.11
- Unit 3: Respiratory System**  
3.0 to 3.8
- Unit 4: Skeletal System**  
4.0 to 4.7
- Unit 5: Muscular System**  
5.0 to 5.7
- Unit 6: Urinary System**  
6.0 to 6.8
- Unit 7: Reproductive System**  
7.0 to 7.7
  
- Unit 8: Digestive System**  
8.0 to 8.8

**Unit 9: Cardio-Vascular System**

**9.0 to 9.9**

**Unit 10: Nervous system**

**10.0 to 10.7**

**Unit 11: Endocrine System**

**11.0 to 11.7**

**Unit 12: Our Amazing Immune System**

**12.0 to 12.9**

**Unit 13: Ingredients of Food**

**13.0 to 13.7**

**Unit 14: Blood**

**14.0 to 14.9**

**Unit 15: Lab Exercise**

**15.0 to 15.11**

**Paper 4**

**Practical of Psycho Neurobics**

**Psycho Neurobics Chart and Hand Gestures**

**Practical of Basic Psycho Neurobics**

*Empowering Neurobics*

*Purifying Neurobics*

*Loveful Neurobics*

*Peaceful Neurobics*

*Enlightening Neurobics*

*Blissful Neurobics*

*Joyful Neurobics*

*Neurobic Spa*

*Basics and Practical of Rajyoga Meditation*

**Practical of Advanced Practical 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*

