

DIPLOMA IN MIND, MEMORY AND STRESS MANAGEMENT

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 Strategy 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

Paper 2 SCIENCE OF MIND

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

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

Paper 3

PSYCHO NEUROBICS

Unit 1: Inner Body-- Introduction--Definition of Inner Body--Types of Inner Body--Energy Body and Chakra System--Meridians--Energy Flow

Unit 2: Disease--What is Disease--Mechanisms and Causes of Diseases--Root Causes of Diseases--Damage of Organs due to Lack of Energy--Block of Energy Leads to Which Organ Failure

Unit 3: Healing--Definition of Health--Three Doctors--Visible, invisible and Supreme--Levels of Healing--Healing Techniques--Mechanism of Vibrational Healing--Law of Vibration--Low Frequency Equals Poor Health--Vibrational Healing and the human Energy Field-- Healing of Inner Body means Removing Toxin's Vibrational Flaws

Unit 4: Psycho Neurobics--Introduction--Golden Age--Uniqueness of the Lifestyle of Golden Age--Raas, Rang and Naad--The Science behind Neurobic Lifestyle--Lifestyle of Silver Age--Introduction to the Psycho Neurobics (The Root of All Yogic exercise)--Types of Psycho Neurobics--Basic Psycho Neurobic Exercises

Unit 5: Advanced Psycho Neurobics--Description of Advanced Psycho Neurobics--Dynamic Psycho Neurobics--Triple Power Psycho Neurobics

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

Practical Advance Psycho Neurobics

Dynamic Psycho Neurobic--Out of Body Experience to Soul World--Ethereic 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