

# **Diploma in Yoga, Memory Science and Psycho Neurobics**

## **Paper 1**

### **FUNDAMENTALS OF YOGA EDUCATION**

#### **Unit - I**

Meaning - Definition - Need - Nature - Aim and Objectives - Philosophy and Scope of Yoga - Modern Developments in Yoga - Misconceptions and Clarifications about Yoga - Yoga and Education, Yoga and Physical Education. School of Yoga - Iyengar Yoga and Vini Yoga.

#### **Unit - II**

History of Yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of Yoga : Hatha Yoga, Bhakthi Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga.

#### **Unit - III**

Contributions to Yoga - Hatha Pradhiptka, Yoga Sutras, Gheranda Samhita, Yajnavalkya Samihita, Yoga Rahasya, Thirumandiram, Contributions of Yoga to Hindum, Jainism, Buddhism, Christianity, Islam.

Contributions to Yoga ; Vivekananda, Kaivalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharisi Mahesh Yogi, Sri Aurobindo, Contributions of Siddhas,. Thirumoolar, Agasthiar, Sri Goraknath, Bohar.

#### **Unit - IV**

Introduction to Anatomy and Physiology

Nervous System : Structure and function of brain and spinal cord - Neuron - Reflex Arc - Beneficial yogic practices on nervous system.

Cardiovascular System - structure and Functions of Heart - Beneficial yogic practices on cardiovascular system.

Endocrine System - Endocrine Gland - Hormones - Functions of Hormones. Beneficial, Yogic Practices on Endocrine System.

#### **Unit - V**

Respiratory System - Respiration - Structure and Function of Lung - Mechanism of Breathing - Lung Volumes and Capacities - Beneficial Yogic Practices on Respiratory System.

Digestive System : Structure and Function of Digestive Tract - Beneficial Yogic Practices on Digestive system. Posture - Postural Tone - Components of Good Posture - Bad Posture - Beneficial Yogic Practices on Posture.

## **Paper 2**

### **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 Filing System--Comprehension Method--Mechanical Method

**Unit 5: Application of Memory Techniques--**Enhancing Registration--Enhancing Retention--Enhancing Recollection

## **Paper 3**

### **Psycho Neurobics-The Science of Healthy and Happy Life**

**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 Yoga and Psycho Neurobics**

Essentials of Yogic Practice--Asana of Yoga--Prayanama--Kriyas--Mantra Meditation

#### **Practical of Psycho Neurobics**

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

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

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

Practical of Advanced Neurobics and Rajyoga Meditation--Dynamic Psycho Neurobics--Rajyoga Meditation

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