

## **P. G. Diploma in Indian Positive Psychology**

### **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 :** Graduation

**Unit** : 18

**Credit** : 28.

**Duration** : Minimum 1 Year

**Course Fee** : Rs. 10000 + Training Fee + Examination Fee as per the Rule of University

### **Paper 1**

#### **Science of Memory Management**

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

**Unit 2 : Energy and Human Body**  
2.0 to 2.9

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

**Unit 4: Science of Thoughts and Emotions**  
4.0 to 4.9

**Unit 5 : Science of Soul, Mind and Brain**  
5.0 to 5.9

**Unit 6 : Science of Positive Imagination**  
6.0 to 6.9

**Unit 7 : Science of Memory**  
7.0 to 7.8

**Unit 8 : Positive Memories**  
8.0 to 8.8

- Unit 9: Subconscious Memory Power**  
9.0 to 9.9
- Unit 10: Third Eye and Self Confidence**  
10.0 to 10.8
- Unit 11: Application of Memory Techniques 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
- Unit 16: Remembering in Point**  
15.0 to 15.8
- Unit 17: Sleep and Memory**  
17.0 to 17.8
- Unit 18: PMS Method in Chemistry**  
18.0 to 18.8

**Paper 2**  
**Indian Positive Psychology**

- Unit 1: Science of Inner Body**  
1.0 to 1.9
- Unit 2: Chakra system of Human Body**  
2.0 to 2.8
- Unit 3: Causes and Mechanism of Diseases**  
3.0 to 3.9
- Unit 4: Ancient Healing System**  
4.0 to 4.8
- Unit 5: Complete Mechanism of Vibrational Healing**  
5.0 to 5.9
- Unit 6: History of Psycho Neurobics**  
6.0 to 6.11
- Unit 7: Development of Psycho Neurobics**  
7.0 to 7.9
- Unit 8: Amazing Psycho Neurobics Exercises**  
8.0 to 8.8
- Unit 9: Curing of Lifestyle Diseases**  
9.0 to 9.9
- Unit 10: Healthy Lifestyle**  
10.0 to 10.9

- Unit 11: No to 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 -- (Eight Limbs or Steps Yoga)**  
14.0 to 14.8
- Unit 15: Psycho Neurobics and Healing**  
15.0 to 15.12
- Unit 16: Relation of Psycho Neurobics with Ayurveda, Yoga and Naturopathy**  
16.0 to 16.11
- Unit 17: Art of Forgiving**  
17.0 to 17.9
- Unit 18: Need of Psycho Neurobics in Present Scenario**  
18.0 to 18.7

**Paper 3**  
**Mind Management**

- Unit 1: Real SELF and Karmic Philosophy**  
1.0 to 1.7
- Unit 2: Journey of SELF**  
2.0 to 2.8
- Unit 3: Science of Mind**  
3.0 to 3.9
- Unit 4: TEAM of Conscious Mind**  
4.0 to 4.7
- Unit 5: Thought Management**  
5.0 to 5.9
- Unit 6: Emotions Management**  
6.0 to 6.9
- Unit 7: Self Empowerment**  
7.0 to 7.10
- Unit 8: Empowering Intellect**  
8.0 to 8.7
- Unit 9: Empowering Will Power**  
9.0 to 9.6
- Unit 10: Self Suggestion**  
10.0 to 10.8
- Unit 11: Control of Mind over Body**  
11.0 to 11.8

- Unit 12: Using Mind Power**  
12.0 to 12.9
- Unit 13: Hypnosis**  
13.0 to 13.8
- Unit 14: Modeling**  
14.0 to 14.8
- Unit 15: Suggestion**  
15.0 to 15.8
- Unit 16: Relationship management**  
16.0 to 16.8
- Unit 17: Clinical Approach**  
17.0 to 17.8
- Unit 18: Self protection**  
18.0 to 18.8

#### **Paper 4**

##### **Human Anatomy and Physiology**

- 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

**Unit 16:Organs of Special sense-- Taste and Smell**

16.0 to 16.12

**Unit 17: Organs of Special sense-- Eye and Sight**

17.0 to 17.9

**Unit 18: Organs of Special sense-- Ear and Hearing**

18.0 to 18.7

### **Practical Psycho Neurobics**

1. Personal Reasons For Taking Admission in this Course and Expectation from this Course
2. Practical of Basic Psycho Neurobics
  - Enlightening Neurobics*
  - Blissful Neurobics*
  - Joyful Neurobics*
  - Neurobic Spa*
3. Practical of Healing Psycho Neurobics
  - Empowering Neurobics*
  - Purifying Neurobics*
  - Loveful Neurobics*
  - Peaceful Neurobics*
4. Basics and Practical of Rajyoga Meditation
5. Amazing Experiences through Psycho Neurobics
  - Out of Body Experience to Soul World*
  - Etheric Body Cleansing*
  - Distant Healing like Healing Home and Home Relationships; Work Place and Work Relationships*
6. Application of Psycho Neurobics for healing diseases e.g. High blood pressure, Low blood pressure, Diabetes, Migraine, Asthma, Cancer and other life style related diseases.
7. Project Report of a Patient

