

**M.Sc. I YEAR (PSYCHO NEUROBICS)**  
**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 Filing System--Comprehension Method-Mechanical Method

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

## **PAPER – II**

### **PSYCHO NEUROBICS**

**Unit 1: Inner Body--** Types of Inner Body--Chakra system--Meridians--Energy Flow

**Unit 2: Disease--**What is Disease--Mechanisms and Causes of Diseases

**Unit 3: Healing--**Levels of Healing--Healing Techniques--Mechanism of Vibrational Healing

**Unit 4: Psycho Neurobics--**Introduction to the Psycho Neurobics--Types of Psycho Neurobics--Basic Psycho Neurobic Exercise

**Unit 5: Advanced Psycho Neurobics--**Description of Advanced Psycho Neurobics

## **PAPER – III**

### **SCIENCE OF MIND**

**Unit 1: Science of Self:** Real self – Journey of the Real Self – Karmic Philosophy -- Soul-Mind-Brain-Body relationship – Subjective Mind – Objective Mind

**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 – IV**

### **HUMAN ANATOMY AND PHYSIOLOGY**

**Unit – I Introduction to Human Body**--Human Body Structure--Body Functions--Life Process--Cell Structure--Cell Functions --Body Tissues--Body Membranes

**Respiratory System**-- Introduction to the Respiratory System-- Mechanics of Ventilation-- Conducting Passages

**Unit – II Skeletal System**-- Functions of the Skeletal System--Structure of Bone Tissue--Bone Development--Bone Growth--Classification of Bones--Divisions of the Skeleton--Articulations

**Muscular System**--Functions of the Muscular System--Structure of Skeletal Muscle--Muscle Types--Skeletal Muscle Groups

**Unit – III Urinary System**--Functions for the Urinary System--Components of the Urinary System

**Reproductive System**--Functions of the Reproductive System--Organs of the Male Reproductive System--Male Sexual Response and Hormonal Control--Organs of the Female Reproductive System--Female Sexual Response and Hormonal Control

**Unit IV- Digestive System**--Functions of the Digestive System--General Structure of the Digestive System--Organs of the Digestive System--Alimentary Tract-- Accessory Organs

**Cardio - Vascular System** Introduction to the Cardiovascular System--Structure of the Heart--Physiology

of the Heart--Blood--Classification & Structure of Blood Vessels--Physiology of Circulation--Circulatory Pathways

**Unit V - Nervous System**--Functions of the Nervous System--Nerve Tissue-- Organization of the Nervous System--The Central Nervous System--The Peripheral Nervous System

**Endocrine System**--Introduction to Endocrine System-- Characteristics of Hormones  
--Endocrine Glands

**PAPER – V  
(PRATICAL)  
PSYCHONEUROBIC EXERCISES - I**

**Paper-4: Practicals**

**Unit 1 – Personal Goals**--Personal Reasons--Personal Challenges--Personal Tests--Personal Recommendations--Personal Commitments--Personal Progress Reports

**Unit 2 – Charts**--Chakra Chart--Neurobic Chart--Meridians Chart--Daily Exercise Chart--Psycho Neurobics in Specific Diseases--Psycho Neurobics in Emotional Management

**Unit 3 – Pratical Basic Psycho Neurobics**

Basic Psycho Neurobics--Purifying Neurobics--Joyful Neurobics--Loveful Neurobics--Peaceful Neurobics--Enlightening Neurobics--Blissful Neurobics--Neurobic Spa

## **Unit 4 – Practical Advance Psycho Neurobics**

Dynamic Psycho Neurobics--Rajyoga Meditation--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

## **Unit 5 - Practical Field Study**

Personal Healing Project--Guide for your study--Aim of your study--Approach of your study--Sample of Study--Data Collection--Analysis--ANNEXTURE- I--ANNEXTURE- II

## **M.Sc. II Year (Psycho Neurobics)**

### **PAPER – I Applied Psycho Neurobics**

#### **Unit - 1 Hypnosis and Psychology**

Definition of Hypnosis--History of Hypnosis--Types of Hypnosis--Psychology--Indian Psychology--Feelings--Emotions--Stress-Stressors--Types of Ego--Psychological Games People Play--Theory of Mind--Message Unit--Fight or Fight

## **Unit - 2 Applied Psychology**

Psychological Approaches to Learning--Methods of Psychology--Model--Psychoanalytic Model--Behavioristic Model--Humanistic Model--Existential Model--Interpersonal Model--Cognitive Model--Medical Model--Gestalt Therapy--The Concept of Attention--Learning--Motivation--Frustration and Conflicts--Personality--Brain and Nervous System--Psychometrics--Sports Psychology--Reality--Eye Accessing Cues--Internal Dialogue--Modalities--Sub Modalities--Meta Model--Information gathering--Three Universal Modeling Process--Milton H. Erickson Model--Meta Model and Milton Model--Suggestions--Laws of Suggestibility--Delta State--Visualization and Imagery--Right and Left Brain--Types of Relaxation

## **Unit – 3 Psychosomatic Disease and Relationship Counselling**

Psychosomatic Diseases--Psycho Social Factors--Socio-Cultural Factors--Psychobiosocial Factors--Pre-induction Interview--Modalities--Defense Mechanisms--Family Systems--Roles of Children in Dysfunctional Families--Hypno Diagnostic Tools--Emotional and Physical Sexuality--Development of Sexuality--Physical and Emotional Female Traits--Physical and Emotional Male Traits--Honeymoon Stage--Familiarity--Priorities for a Physical--Priorities for an Emotional--Psychodrama--Empty Chair Technique

## **Unit - 4: Influence of Thoughts and Clinical Hypnosis**

Influence of Thoughts--Causes of Discomforts in Physical and Mental Body--Mind Scan--Colours--Catharsis--Dream Analysis--Dynamic Symbols--Sleep Cycles--Sleep Deprivation Studies--Drugs and REM Deprivation--Sleep Disorders--Hand Writing Analysis--Neuropathways--

Hypnodrama and Sports--Phobia--Psychoneurosis--Anxiety  
Neurosis--Low Blood Sugar--Eating Disorders--Substance  
Abuse--Private Violence--Self Protection-Introduction--Self  
Efficacy and Health Behaviour--Exercises Versus Stress--  
Explosive Personality Disorder and Treatment--Habit  
Control--Examination Anxiety--General Self Improvement--  
Memory Improvement--Motivating Clients--Stress  
Management and Sports--Applications

## **Unit – 5: Psychoneuroimmunology**

History--The Immune-Brain Loop--  
Psychoneuroimmunological Effects--Link between Stress  
and Disease--Communication between the Brain and  
Immune System-- Communication between the  
Neuroendocrine and Immune System--Connections between  
Glucocorticoids and Immune System--Corticotropin-  
Releasing Hormone(CRH)-Pharmaceutical Advances-  
Current Research in the Field-Conclusion

## **PAPER – II**

### **SCIENCE OF HEALING**

**Unit – I Alternative Medical Systems--** Allopathy - An  
Introduction--Ayurveda--Homeopathy--Naturopathic  
medicine--Traditional Chinese medicine--Environmental  
medicines--Chelation Therapy

**Unit – II Mind-Body Interventions--** Biofeedback--Dance  
Therapy--Music Therapy--Guided Therapy--Humor Therapy--  
Hypnotherapy--Meditation--Prayer Therapy-Yoga--Bio  
Energetic Devices--Applied Kinesiology--Mind-Body  
Techniques--Casual Video Games--Hydrotherapy



**Unit – III Biology-based Therapies**--Vitamins, Minerals and Other Dietary Supplements –Herbal products-- Apitherapy--Aroma Therapy--Flower Essence--Oxygen and Ozone Therapy --Baleno therapy--Bio Chemic Tissue Salts-- Allergy --Sun Care – Skin Care--Poison Ivy and Oak Allergy

**Unit – IV Manipulative and Body-Based Methods**- - Acupressure --Acupuncture --Alexander Technique-- Chiropractic--Feldenkrais Method--Reflexology -- Osteopathy--Rolfing--Therapeutic Touch--Neurotherapy -- Craniosacral therapy--Heller work – bodywork--Shiatsu – Japanese finger pressure--Remedies for Back pain relief

**Unit V - Energy Therapies** Psychoneurobics--Reiki--Magnetic fields--Colour therapy--Light therapy--Neuro emotional therapy--Qigong and Tai Chi

**PAPER – III**  
**RESEARCH METHODOLOGY**

**Unit – I - Introduction to Research**

Meaning and scope of research - Need, Nature and Scope of Research in Psycho Neurobics - Types of Research-Fundamental , Applied and Action - Tools and techniques of research – Sampling - Mechanics of research reporting.

**Unit – II Research Proposal**

Identification of Research Topic in Psycho Neurobics - Research proposal: Its Meaning and Need--Identification of Research Topic: Sources and Need--Review of Related Literature--Rationale and Need for the Study--Definition of Terms--Variables--Research Questions, Objectives and Hypotheses--Assumption if Any--Scope, Limitations and Delimitations--Method, Sample and Tools--Significance of Study--Bibliography--Chapterisation

**Unit III - Research methodology**

Descriptive Research-Causal Comparative, Correlational, Case Study, Ethnography, Content Analysis - Historical Research- Meaning, Scope of Historical Research, Steps of Doing Historical Research, Types of Historical Sources. Historical Criticism – Internal and External - Experimental Research- Pre Experimental Design, Quasi-Experimental Design and True Experimental Design - Factorial Design - Nesting Design - Single Subject Design - Internal and Experimental Validity - Controlling Extraneous and Intervening Variables.

**Unit – IV - Variables and Hypotheses**

Variables-Meaning of Variables, Types of Variables - Hypotheses- Concept of Hypotheses, Sources of Hypothesis, Types of Hypotheses, Characteristics of a Good Hypotheses

**Unit – V - Data analysis**

Descriptive Data analysis- Measures of central Tendency – Measures of Variability and graphical representation of data - Use of excel in data analysis - Inferential data analysis – statistical techniques, correlation, t-test, z-test, ANOVA, critical ratio for comparison, normal probability curve, testing of hypotheses, type I and type II Errors, level of significance.

## PAPER - IV

### Dissertation & Viva – Voce

#### **Objectives of the Project**

1. To acquire Practical knowledge.
2. To acquire skills in the Administration of Yogic Practices in the Real life
3. To Identify Some common problems found among people
4. To do a systematic investigation into such problems
5. To suggest remedial measures to make life more meaningful, and purposeful.

To learn the clinical method, case history writing, measurement of clinical symptoms.

Psychological Parameters, Application of Statistics on the initial and final data recorded.

**PAPER – V  
(PRATICAL)**

**PSYCHO NEURO THERAPY & DELTA HEALING**

**Unit – 1 Pre Induction and Inductions**

Client Interview Guideline--Mind--Cognitive Session--Hypnotic Modalities--Indirect Approach--Gathering Information--Healing Procedure--Primary Inductions--Deepening Techniques--Muscle Testing

**Unit – 2 Delta Sessions**

Goals of Psycho Drama - Hypno Drama--Regressions--Script for Age Regression--Inner Child Sessions--Mind Scan--Dream Interpretation

**Unit -3 : Syndromes and Applications**

Script for Anxiety--Desensitization Script--Models and Therapy--General Syndromes

**Unit – 4 – Empowering Scripts**

Circle of Excellence--Crisis--Habit Control--Inductions--Healing Scripts--Past Life Therapy--Incompatible Energy

**Unit – 5 – Psycho Analysis And Personality Test**

Emotional Intelligence Test-- Myer Briggs Type Indicator --Beck Depression Inventory--State Trait Anger Expression Inventory (STAXI)