

**Syllabus**  
**PG Diploma in Memory Development & Psycho Neurobics**  
**(PG Dip. MD & PN)**

**1. Science of Memory**

- Human Mind and Storage of Memory
- Formation of Memory
- Factors Affecting Memory
- Memory Development Skills
- Application of Memory Techniques

**2. Psycho Neurobics**

- Inner Body
- Disease
- Healing
- Psycho Neurobics
- Advanced Psycho Neurobics

**3. Science of Mind**

- Science of Self
- Science of Mind
- Thoughts Management
- Emotions Management
- Self Empowerment

**4. Practicals**

- Personal Goals
- Charts
- Pratical Basic Psycho Neurobics
- Practical Advanced Psycho Neurobics
- Practical Field Study

**Detailed Syllabus**  
**PG Diploma in Memory Development & 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 Startegy 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: 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- 3: 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-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--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

#### **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