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## **UNDERSTANDING PSYCHO-NEUROBICS AS AN INCREDIBLE TECHNIQUE JOINING THE ENERGIES OF MIND, BODY AND SOUL**

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### **Abstract:**

*Psycho neurobics is a grounded field in the part of psychology which has more extensive and modern applications on various fields. This field has part of extension and applications in mind control, mind management and concentration of people. It additionally helps being developed of mental balance among individuals who practice it throughout some undefined time frame. In addition to that, students need to take up various entrance and qualification tests to get admission to their under graduation courses. Psychoneurobics guides our mind to get and use the grandiose energy to invigorate physical body and activates brain. Yoga is perceived as a type of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health, particularly stress related illnesses.*

*Keywords: Psychoneurobics, mental, balance, brain, exercise, etc.*

### **1. INTRODUCTION**

The expression "NEUROBICS" was first presented around 10 years prior by neurobiologist Lawrence C. Katz, with the speculation that mental exercises, particularly those that brain can animate the development of new 5 dendrites and neurons. The term Neurobics was most importantly acquired presence in 1999. Neurobics manages brain exercise for example playing out our every day task in an unexpected way. Its principle point is to improve our memory or brainpower. It is finished by utilizing our non 6 prevailing hand to eat, compose and brush our teeth. Neurobics means to help keep a proceeding with level of mental wellness, strength, and flexibility as age. The exercise program calls for giving the brain non-everyday practice or surprising encounters utilizing different blends of your actual faculties vision, smell, contact, taste, and hearing "sense." It invigorates examples of neural developments that make more connections among various brain territories and results nerve cells to make regular brain supplements know as neurotrophins which can significantly build the size and intricacy of nerve cell dendrites. Neurotrophins also makes the neighboring cells more grounded and safer towards the effect of maturing. Neurobics fluctuates from other 7 brain exercise which incorporates logic puzzles, memory exercises. Neurobic exercise is an exceptional brain exercise program dependent on the most recent discoveries of logical exploration. The brain exercise program is introducing the blends of actual faculties, including vision, hearing, taste, smell, and contact with changing the every day schedule routinely. It animates neural movement to strengthen and deliver brain cells continually. Neurobics actuate neural frameworks to work and builds 4 blood supplies to the brain.



## 2. TYPES OF PSYCHONEUROBICS

The essentialness flows through various pieces of our body what we see as Chakras and Nadis in Hinduism. This puts the uninvolved Chakras into power and release the impeded imperativeness from our tactile framework. As the impeded imperativeness releases, the body starts to recover. Neurobic recovering incorporates the usage of our resources of sign, contact, smell, hearing and taste to put our mind cells to movement. It joins the mind-body-soul of an individual in a fit state for a restored and better life. There are following three sorts of Neurobics. The Psycho-Neurobics joins all these three Neurobics to harness the force of mind for self recovering.

- **Light Neurobics:** Research shows that tones have vibrational essentialness, which has significant effect on human mind, tendency, observations and sentiments. Imagining shades through third (covered) eye trigger Chakras and Nadis system. This emptied impeded energies and purges human body things being what they are and negative imperativeness.
- **Sound Neurobics:** Sound waves travel in the Universe through making vibrations. This explains the tendency changing and calming effect of explicit mantras, petitions, rhymes and notes on our mind. Giving certain attempted mantras examination and breathing exercises puts our mind, body and soul in concordance, which has colossal ability to curb improvement of unsafe cells.
- **Easy Neurobics:** This involves neuro-solid and neuro-respiratory activities, for example, 'hastamudras'; 'asanas' and 'pranayama' that changes divine vitality into life powers for our body and also to free detached spiritualist vitality.

Psycho-Neurobics is an incredible technique that joins the energies of mind, body and soul for reestablishing amazing harmony vitality. It is demonstrating instrumental in relieving infections, for example, Cancer, Diabetes, Migraine, Blood Pressure, Stress, Depression, Heart Problem and the various psychosomatic maladies. Various individuals have affirmed the enhancement of insusceptibility. It similarly fortifies the mind cells this has wide advantages when in doubt health, Alzheimer's infection and memory enhancement. As individuals wind up mindful of the art of Neurobic recuperating, they embrace these brilliant strategies to beat unequivocal health issue and additionally to keep up general health. A part of the real advantages of this self-recuperating retreat:

In this Retreat will show you the hands on methodology of Psychoneurobics through which, you can recuperate different infirmities like Diabetes, Blood Pressure, Arthritis, Depression, Anxiety, Stress and a few different diseases/illnesses.

- PsychoNeurobicspa:** Each day you quieted your mind and with PsychoNeurobicspa a ground-breaking contemplation framework for reestablishing body-mind balances.
- SIGFA Healing:** Learn the secrets of accomplishing extensive health through the SIGFA recuperating framework created by Dr. B.K. Chandrashekhar, to make you open to the stream of positive vitality.
- Mind and Anger Management.



- iv. **Pure satvik diet:** One can appreciate tasty, healthy and unadulterated satvik diet.
- v. **Sleep Management with PsychoneurobicsNidra:** Get hands-on training in PsychoneurobicsNidra, a type of Yogic Psychoneurobic for extraordinary unwinding of the body and mind.

**Relationship Management:** Cultivate adoring associations with individual visitors and relatives.

### **3. PSYCHONEUROBICS IN IMPROVING ACADEMIC PERFORMANCE AMONG STUDENTS**

Education is a cycle of drawing out all the positive personalities latent in a kid. In any case, today's education is content based and occupation situated. In present education framework, we grade students with their academic performance in their course end examination. In addition to that, students need to take up various entrance and qualification tests to get admission to their under graduation courses. Everybody attempts to surpass each other by scoring at least one mark more. It's a rat race for scoring marks and students are unable to adapt up to this relentless rivalry except if else they improve their academic performance. Class XII performance gives them the certainty that they would have the option to handle the academic stress in school. A decent performance in class XII leads to a decent score which helps in getting into schools and Universities clearing the serious tests easily. There are many factors affecting the academic performance of the class XII students. A few are

- Lack of Clarity of concept
- Lack of Concentration / Focus /Span of attention
- Lack of Visualization
- Lack of Memory

Psychoneurobics guides our mind to get and use the grandiose energy to invigorate physical body and activates brain. Psychoneurobics causes one to center mind and regulates the progression of life energy to the body and in this way rebuilds our point of view for better judgment. Hand motions, regulated breathing and mental visualization of tones combined with different sound vibrations are mixed together in Psychoneurobics exercises. This advances intelligence, understanding, intuition and inspiration. Psychoneurobics plays a vital part in mind – body communication too. Sound vibration impeccably created activates neuro cells and improves memory. Chanting of mantra creates amazing vibrations in the body which calms both mind and body. Mantras and mudras together make wonders in the energy body.

### **4. ENHANCING PSYCHOLOGICAL WELL BEING OF ADOLESCENT PSYCHONEUROBIC**

The nature of adolescent troubles and life obstacles are far higher than previously, yet less guidance and assistance is available for personal growth. The growth trajectory of the next generation is exposed to a completely different context due to the double impact of traditional and modern ideals and practice. Complex economic, social, political, cultural and environmental conditions present a



wide range of issues in the Indian subcontinent, home to the greatest population of adolescents. In addition, the breakup of common families and traditional systems of welfare, poverty and social stress, societal hierarchies and the inter-parentenary tension are also risk factors in Indian adolescents' lives. Since such a big population is at the threshold of mental disease, quick attention to some intervention measures is urgently required. Early-aged intervention is the empirical evidence of many of the mental, behavioral and psychological issues of kids and teachings that the National Research Council and the Institute of Medicine Commission to Prevent Mental Disorders and Substance Abuse among Children, Youth and Youth. In order to identify their naturalistic environment to cope with the implications of childhood stress and trauma exposure, schools have long been an appropriate place for 'frontline' suppliers. Several school-based innovations in mental health such as the "Mind Matters" and the "Resource adolescent Program" have showed different degrees of success in the United States in this universal and preventive intervention, with the "Coping Power Program" and "I can Problem Solve" in particular. Similar projects that are responsive to traditional ideas and practices around well-being and psychological well being must be developed in Indian sub-continent. 'Wellness' is seen holistically in India as a mixture of physical, mental, spiritual and emotional qualities.

The psychological and mental disorders are attributed to a range of circumstances, such as a healthy diet; a lack of respect for the gods, elders and doctors; the supernatural powers like ancestral spirit, the wild goddesses of forests and bad eyes. According to 75% of patients, prior psychiatric treatment they resort to people or religious healing. Despite the considerable divergences between indigenous traditions of healing and traditional psychology, in its conceptualization, diagnosis and treatment, the western study of mental illness has rarely seen cultural or environmental elements. Critics contend that, if the holistic perspective of health cannot be considered by conventional psychological intervention, it might lead to under-use of services and the early end of therapy. Surveys in this region also show that American Indian students are under pressure to adopt the dominant American culture, whilst keeping faithful to their own customs. In comparison with their European-American counterparts, Latino and African-American students also have a reluctance to use university advice. The presentation of Aborigines as a monolithic entity and disregard for their distinctive vision of the world has a negative influence on Canadian residential school systems.

Singleton says yoga practices in India, which are more and more used in the western practice as a means to cultivate characteristics of total psychological well-being, are essentially limited to postural yoga, although this has never been the main feature of Indian yoga. Despite a considerable desire for religious healing and indigenous practices, there are no interventions using the framework of indigenous health systems, such as Ayurveda for school intervention, rather than psychiatry resources. A few interventions in India such as the Youth Health Program SEHER in the state of Bihar and SHAPE (School Health Promotion and Empowerment), which means "dawn" in Hindi, and strengthening the evidence base on school-based interventions to encourage them, have adopted a conceptual framework and delivery specific to the Indian students. The ancient Indian wellness methods were nonetheless infrequently used.

The failure to replicate or validate such interventions further weakens the empirical foundation. Taking into account the lack of such interventions, this article attempts to study the effects of two types of interventions:



- Psychoneurobic intervention based on Indian chakra kundalini and balance restoration in panchmahabhoota and
- Meditative attention based on the eastern Buddhist tradition of satipathanasutta;

According to Ryff's eudaimonic view on psychological well-being, a social experiment was conducted to establish their effectiveness on the psychological well-being of adolescents in general (1989). The following section describes the conceptual distinction between the two techniques, as well as the theoretical foundations that underpin Ryff's model, before going into greater detail about the experimental process.

As defined, psychoneurobics is the "process of extracting energy from the world using mental prowess and transferring it into the brain and neuro-system for healing purposes." Psychoneurobics is a three-tiered approach to healing that includes Easy neurobics (neuromuscular-respiratory movements), Sound neurobics (vibration through vowel chanting), and Light neurobics. Easy neurobics are actions that are simple and can be done anywhere (visualization of different colors). Balance between the seven energy centres (chakras) and five elements (panchmahabhoot) in the human body is thought to be an important pre-requisite for overall health and wellness. When the vibrations of body organs and their associated functions do not harmonize with the energy of their respective hues or when there is an imbalance in the energy flow among the five components that make up the human body, the organs and functions diverge from their optimal route. The practitioner employs a combination of Light neurobics, Sound neurobics, and Easy neurobics to engage in a series of strategies that include various spiritual hand gestures known as mudras, guided imagery, healing cabins with monochromatic colors, and mantra-induced meditative state, among other things. According to the current literature, there is a large body of research that provides support for each of the component's separate components.

The results of a study that used waveforms of frequency modulation for analysis revealed that frequent chanting of the primordial sound 'Om,' which is believed to be the most powerful mantra, had a soothing effect on the body's physiological functions. The practice of 'Mudra,' which represents numerous feelings, emotions, and representatives of many states of being, entails a mental state of humility and awareness growth, as well as an expansion of awareness. The application of chromo therapy as a supplemental and alternative medical method for the treatment of a wide range of diseases, from stress to cancer after assimilation of Light neurobics, which shares similar principles to chromo therapy, Sound neurobics, which places an emphasis on holy vibration, and Easy neurobics, which assumes mudras as a prior physical state to be assumed before engaging in the former two, Psychoneurobics aids in the achievement of dynamic balance of the "mind-body-spirit."

Psychoneurobic practice has been proven to be helpful with a wide range of populations. Stress management in adult females and enhancement in memory performance in high school kids are just a few of the areas where psychoneurobic intervention has shown promising results. Patients undergoing cataract surgery who got psychoneurobics and counseling treatments, rather than only counseling services, showed a significant decrease in their pre-operative anxiety levels, according to the findings.



## **5. BENEFITS OF BRAIN FITNESS EXERCISE AND ITS IMPORTANCE**

It's not simply about muscle size and aerobic ability. Sure, exercise may enhance your health and physical condition, reduce waistline, enhance sex life and even add many years to life. But most people are not motivated to keep active. People who regularly practice tend to do so because it gives them a huge sense of well-being. You feel stronger throughout the day, better at night, sharper memories and relaxed and positive about yourself and your lives. And for many common mental health concerns, it's also a powerful medicine. Regular workouts can have a deeply good effect on depression, anxiety and ADHD. It can also alleviate stress, enhance memory, allow you to sleep better, and increase your overall mood. And to receive the benefits, you do not have to be a fitness buff. Research shows that modest quantities of workouts can make a real contribution. Whatever your age or fitness, you may learn how to use exercise as a powerful tool to address mental health issues, enhance your energy and perspective and get more out of life. Exercise on several fronts affects the brain. It raises the cardiac rate, pumping more oxygen into the brain. It also helps to release a full number of hormones into the body, all of which help and nourish the growth of brain cells. Exercise boosts brain plasticity through encouraging the development of new brain-to-cell connections within a wide range of crucial cortical areas of the brain. The aerobic exercise is excellent for your body and brain: not only improves your function of the brain but also works for injured brain cells as a "first assistance kit."

- Before work the mornings not only enhance the activity of the brain, but also improve recall and reaction to difficult situations and prepare you for mental stress throughout the day.
- Look for an activity that includes coordination with cardiovascular training, for example a dance class, when you are trying to change your workout.
- If you want to pull yourself out at the sports centre alone, choose circuit training sessions that both surge swiftly and constantly refocus your attention.

## **6. CONCLUSION**

At a time when the population is booming and new technology has become increasingly important, a citizen is being educated to maintain optimal health for personal efficiencies and national progress throughout the world. The present day is an age of automation, refined technology and wonders that once were beyond man's wildest fantasies. Meditation refers to a present-to-time psychologically quality experiential in different prominent definitions, or involves paying particular attention: in purpose, in the present moment, and not in judgment, or involves some sort of non-productive, non-judgmental, present-centered awareness in which each thought, feeling or sensation arises. An example two-part meditation was provided by Bishop, Lau and colleagues (2004). The first component includes the autonomous control of attention to ensure that immediate experience is preserved, allowing for greater notice of mental events at the present time. The second component consists in taking a specific focus on current experiences, a focus defined by curiosity, openness, and acceptance. Meditation is a simple discipline in many ways, it has many advantages.



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