



EFFECT OF PSYCHO NEUROBICS ON MENTAL FOCUS AND MEMORY ENHANCEMENT

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ABSTRACT

Imagine writing a test and the moment you read the question paper, you cannot recall a single thing you studied for? Or imagine forgetting your important documents at home right before an interview? Both these scenarios are nightmares for most of us. Both what's common between the two of them is our memory, which was unable to perform the function it has been especially designed for.

The WHO, in 2009 estimated that nearly one out of every five youngster in the world undergoes some sort of emotional, mental or behavioural issues. This accounts for a huge chunk of youngsters who need immediate help. This is when Psycho Neurobics comes into the picture. This therapy acts like an Energy Therapy. We inhale the Cosmic Energy through the intricacies of our mind and transfer it to our body and the neuro framework. Various surveys have also reported Indian women who undergo stress and anxiety. This stress also comes with numerous amounts of major health

concerns, treating of which, can be heavy for the pocket. With this research paper, we aim to calculate the efficiency of Psycho Neurobics on Mental Concentration and Memory Enhancement.

Keywords: Mental, Concentration, Psycho Neurobics, Memory, Mind, Psychological, Exercises, Cosmic Energy,

1. INTRODUCTION

Our brain is the shelf of information in our body, and soul is the caretaker. Each piece of information that we store, is given a corner in the shelf, and it is our brain's duty to keep it intact and recollect it whenever required.

Brain is the central sensory system. Through the brain there is a long wire till coccyx region which is known as the spinal cord. Spinal cord reliably helps the current which is sent through brain like a transformer. There are major passionate energy centre close to the spinal cord called chakras. All these seven energy centres work like electric shafts from which there are various nerves like electric wires partner assorted framework and organs of the body to move passionate and profound stream in the human body.

The human brain works on the basis of the following laws of memory:

- The law of belief.
- The law of self-preservation.
- The law of substitution
- The law of concentrated Attention or Visualisation.
- The law of compulsion
- The law of Observation
- The law of memory Languages.

The brain constantly keeps moving the energy to the sensory system. The energy sharply makes an excursion to the spinal cord. Right when it can never again make this energy it is characterized "brain death". The entire process of transmitting spiritual energy into the sensory (neuro) cells is covered in the concept of Psycho Neurobics. It interfaces the mind to the wellspring of God (spiritual energy). It is very useful in controlling the brain and use it for maintaining the overall wellbeing of the human body. It takes a tri modular approach by including various sounds, colours and different forms of muscular respiration. It ensures a long term and a permanent fix from all sorts of illnesses and diseases.

2. MENTAL FOCUS

‘Focus’ is an accurate synonym of the word ‘concentration’. Both these words imply towards a common meaning i.e. to divert all attention towards a thing or an activity. But the art of concentration, isn’t an easy deal. It requires regular practice. It doesn’t happen overnight. It takes days of practice before one can observe results. For more efficient results, one might even have to wait for months. Focus requires you to concentrate the mind on one idea or thought.

A very simple example of this is an office environment. The CEO needs to focus on the wellbeing of the entire firm and ensure that all tasks are accomplished. His juniors should focus on getting the work done on time and avoid delay. The PR team should concentrate on the wellbeing of all the employees working in the company and ensure that their needs are met.

Another example of the same will be a school. A teacher needs to focus on the subject she is teaching and whether its being understood by the students. And the students should focus on completing their assignments in time and prepare well for the exam.

Concentration may be complete or partial. But complete concentration always ensure full efficiency and better results. It is a need for all individuals. Anyone who practises concentration regularly is bound to have a clear mental vision. It erases all doubts and complications that may arrive in the mind. It paves the path for perfection and helps one in dealing with day to day life more effectively. It also helps in understanding concepts which may have seemed difficult earlier. Anything is possible with concentration. The mind gradually stops wandering onto pointless things and turns it way towards a much better possibility of being a more efficient human. One good way to achieve this is through yoga. Continuous and proper practise of yoga makes the mind significantly dutiful, focussed and steadfast. Each task we accomplish daily becomes much easier to do. It also leads to better retention of data and things happening around us. It leads to almost no disappointment and helps us be at peace and avoid all sorts of distractions affecting us.

In the state of meditation, you see yourself unequivocally as you might be. You see your own barbarity. You see your own special torment. Also, you see how you make that anguish. You see how you hurt others. You cut legitimately through the layer of lies that you normally let yourself know and you see what is genuinely there. Meditation prompts insightfulness. Meditation is a more broad and greater limit than concentration. It is a generally comprehensive limit. Concentration is prohibitive. It settles down on a certain something and disregards everything else. Meditation is complete. It stands indeed from the point of convergence of thought and watches with a wide focus, quick to perceive any change that occurs. If you have focused the mind on a stone, concentration will see simply the stone. It is meditation which sees the interruption which has occurred, and it is meditation which redirects the thought with respect to the stone. Concentration is just focusing of the cerebrum, rather like a laser shaft. It can devour its course significant into the mind and light up what is there. Nevertheless, it doesn't comprehend what it sees.

Mindfulness can take a gander at the mechanics of barbarity and comprehend what it sees. Mindfulness can penetrate the puzzle of torment and the segment of trouble. Mindfulness gives your mind a space to breathe and freedom.

3. MEMORY AND DATA RETENTION

We often don't give our mind the credit it deserves. One might be surprised by the fact that the human mind can store gigantic amounts of data of the level of nearly 2 quintillion bytes daily. We often define 'memory' as the ability to retain data for a prolonged period of time. Every activity we perform in the day i.e. eating, working, sleeping, studying, walking gets stored in a little section of our brain. This memory is stored in the different steps which includes storing, encoding, retaining, and along these lines, even reviewing past encounters. A very simple example of this would be studying for a test. Memory acts as a fundamental in our lives. All aspects of our personal and professional lives depend on memory. Everyone has different methods and methodologies for retaining data. An example of the same would remembering your colleague Ms Ruby's name with the image of a red coloured beautiful jewel in the mind. Memory and data retention can be short instanced or long term. It all depends on the significance and importance that that piece of data holds.

Every piece of information in our mind is converted into a byte of memory. This is not a one step process. It happens in the following order:

- **REGISTRATION:** Data is stored in the form of a short term memory.
- **RETENTION:** It is the simple process of storing the perceived information.
- **RECOLLECTION:** Bringing back the stored information to the conscious mind when required.

The route toward encoding a memory begins when we are born and happens continually. We sort out some way to tie our shoe, for example. At the point when we have the technique down, it goes into our long term memory and we can do it without purposefully thinking about the methods being referred to. Memory misfortune is much of the time associated with developing, yet there are different things that can trigger short-and long stretch memory misfortune, including harm, drugs and seeing a horrendous accident.

4. EFFECTS OF PSYCHO NEUROBICS ON MENTAL FOCUS AND MEMORY ENHANCEMENT

A total of 50 students were considered for the test. These were from the 11-22 year age group. Out of these 25 were a part of the control group and 25 were a part of the experiment group. These students belonged to the Aluva Taluk Area. The 25 students were given psycho neurobics training and made to undergo various tests. The other lot of 25 students were not given any training in Psycho Neurobics. Each student's level of memory was tested using the following tests:

- **Remote Memory Test:** This test is used to analyse the distant memory of a subject. It could be from a few months ago or sometimes even 3-4 years ago.
- **Attention and Concentration Test:** This test is used to analyse how strongly focused a student can be under different situations with various distractions around him/her.
- **Delayed Recall Test:** This test is used to test the long haul memory of the subject where he/she may be asked to produce a piece of information which was introduced to the subject a long time ago.
- **Immediate Recall Test:** This test is used to test the instantaneous transient memory of the subject where he/she may be asked to produce a piece of information which was introduced to the subject a minutes or seconds ago
- **Visual Recognition Test:** This test requires the subject to verify the image of a person/pattern/design or any other object he/she may have seen in the past.

Each of the above tests carried a total weightage of 50 marks, making a total of 250 marks.

The 25 students of the Experimental group took the Psycho Neurobics Training for a period of 60 days. These students were introduced to the following exercises: Dynamic Neurobics, Enlightening Neurobics, Joyful Neurobics and Blissful Neurobics. They were also taught the art of self-healing.

The neurobic exercises used in the process offered deep understanding of how the mind works. This module was continued for a total of 60 days and the results obtained were tabulated as follows:

Intervention	Total Score Increased	Total Score Did Not Increase	Total Students
Psycho Neurobic Exercises	18	7	18+7=25 (Experimental Group)
No Psycho Neurobic Exercises	6	19	6+9=25 (Control Group)

5. DATA ANALYSIS

Chi Square Test for intervention: Psycho Neurobic Exercises

Intervention	Total Score Increased	Total Score did not increase	Total
Psycho Neurobics Exercises	18	7	25
No Psycho Neurobic Exercises	6	19	25

Considering the above data obtained after survey responses, two hypotheses were assumed:

Original Hypothesis H_0 : Psycho Neurobics is not effective

Alternate Hypothesis H_A : Psycho Neurobics is effective.

Now chi square formula equates to,

$$x^2 = \sum \left(\frac{(O - E)^2}{E} \right)$$

This gives a relation of the original and expected values in the table as follows:

Variable	Weight Loss (O)	Expected Data (E)	No Weight Loss (O)	Expected Data (E)
Psycho Neurobic Exercises	18	12	7	13
No Psycho Neurobic Exercises	6	12	19	13

Expected values have been obtained as follows:

$$E = \frac{\text{ROW TOTAL} \times \text{COLUMN TOTAL}}{\text{TOTAL PARTICIPANTS}}$$

Hence, $x^2 = 2+6+5.14+1.89$

$$x^2 = 15.03$$

Now, $v = (c-1)(r-1)$ where c = no. of columns, and r = no. of rows.

$$V = (2-1)(2-1)$$

$$V = 1$$

Hence $V = \text{Degree of Freedom} = 1$

For no value of significance mentioned, we by default take 5% as the value of significance.

Hence, $\chi^2_{0.05} = 3.84$ (value obtained from Chi Test Tables)

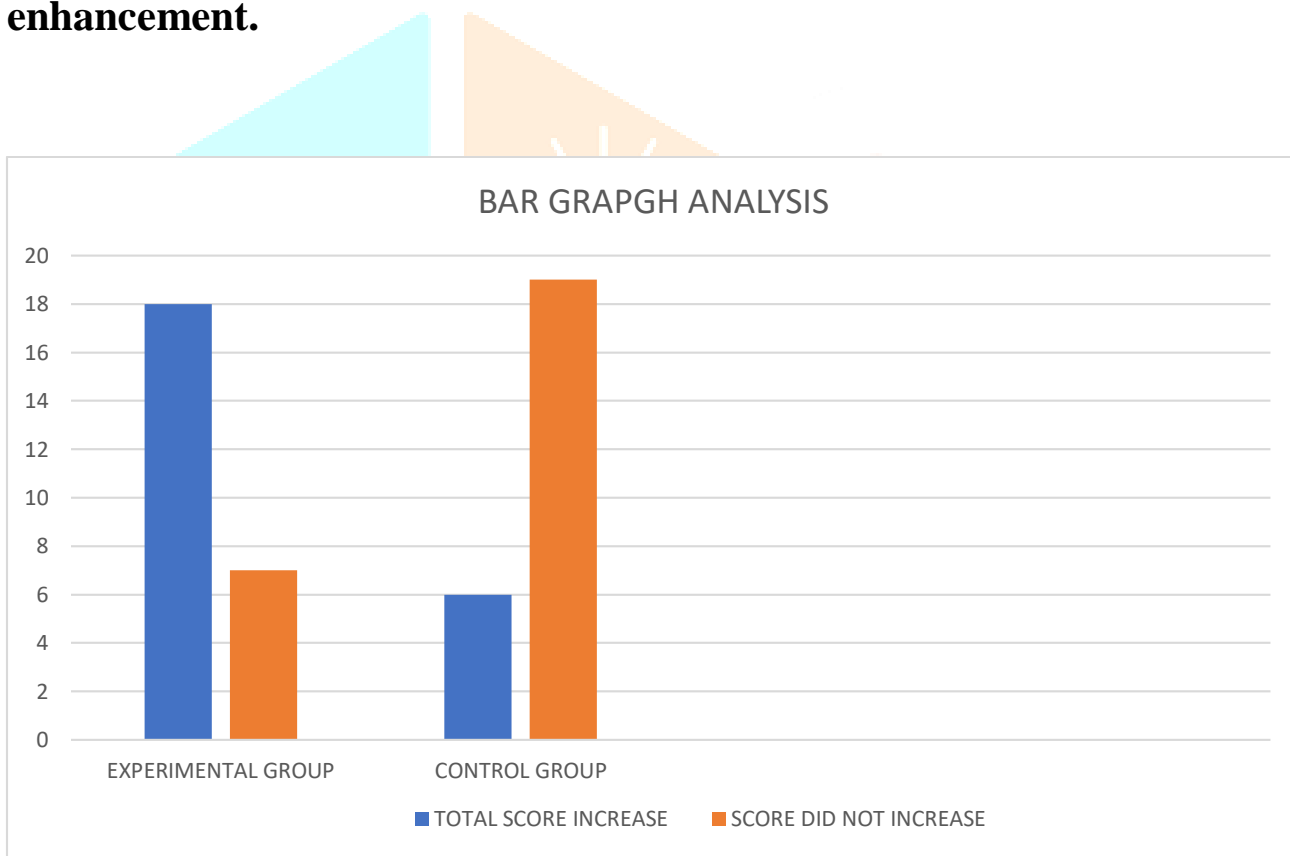
And, χ^2 (calculated) = 15.03

We observe that the calculated value > tabulated value.

Therefore, the Original Hypothesis H_0 fails.

And Alternate Hypothesis H_A passes successfully.

This indicates that Psycho Neurobics helps in mental focus and memory enhancement.



The results evaluated above and the bar graph drawn from it, clearly indicate that Pyscho neurobics have shown a significant change in helping students focus better and enhancing their memory along with data retention.

Psycho Neurobics are responsible for the brain making various associations with the body, cerebral cortex in particular. Psycho neurobic exercises order the nerve cells to imitate and animate the nerve cells and produce normal brain nutrients. These nutrients are called neutrophins. The practise of Psycho Neurbics gives our brain and body the ability to remain young, alert and focused.

6. CONCLUSION

Neurobic exercises are an extraordinary brain practice program reliant on the latest revelations of sensible examination. The brain practice program is presents a mix of actual faculties, including hearing, vision, smell, taste, contact. It vitalizes neural movement to strengthen and create brain cells reliably. Neurobics activate neural frameworks to work and assembles blood flexibly to the brain. Neurobic practice incorporates authentically with the cortex and hippocampus, arranged at normal transient projection that goes probably as a fleeting store for new information and afterward gradually moves to enduring accumulating in the cortex. The sentiment of smell is related with emotional memory and stores information to improve the memory

The experiment is a testimony of the same and successfully concludes that Psycho Neurobic Practises are very beneficial for mental concentration and memory enhancement.

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