

The Road to Positivity and Happiness: Applied Psycho-Neurobics for Beginners

On

March 29-30 (Fri-Sat)



ORGANIZED BY:

HUMAN RESOURCE DEVELOPMENT CENTER

LOVELY PROFESSIONAL UNIVERSITY, PUNJAB

BACK DROP AND RATIONALE

We all are aware that as human beings we are capable of performing amazing physical feats. The human body uses the food we eat to provide sufficient energy in order to perform all types of work. Basically, energy means the capacity to do work. Channelizing this energy enhances our capacity.

Want to enhance your performance and productivity coefficient...?

Want to reduce mental stress and increase the concentration/memory power...?

Want to be Happy, Healthy & Content...?

Be a part of a Life Changing Workshop...

Simple Techniques....Practical Inputs....Positive Outcomes

Psycho Neurobics is a set of exercises of transferring Spiritual Energy in neuro cells by connecting Psyche (Mind) to the supreme source of Spiritual Energy. It is the best methodology to guide your mind in order to utilize mind power for creative work, to heal your body and to keep body and mind healthy.

A trident approach with muscular-respiratory actions, sound vibrations and visualization of different colours of light makes Neurobics highly effective to ensure a cure from various diseases.

In this workshop, participants will be given practical training build on scientific tools and models.

LEARNING OUTCOMES

After this workshop, the participants will be able:

- Understand & Practice of Enlightening & Blissful, Powerful & Joyful Psycho-Neurobics techniques
- Effectively use both aspects of the brain-the creative and logical
- Handle stressful situations proactively

WHO CAN ATTEND

- Faculty members having interest in optimizing their potential and improve academic competence.
- Students eager to enhance & improvise their concentration and memory power.
- Professionals eager to learn and hone training and counselling techniques

PEDAGOGY

- A mix of pedagogical tools will be used i.e. Demonstrations and experiential exercises.
- Hands on experience on scientific models and instruments.

WORKSHOP PREREQUISITES

- Open mind and willingness to proactively participate in exercises and activities



RESOURCE PERSON



Dr. Mahesh Dogra is a Ph.D in Vedic Science & Psycho-Neurobics from YOGA SAMSKRUTHAM UNIVERSITY- FLORIDA, USA and an MBA in Self-Management & Crisis Management from Tamil Nadu Sports University & M.sc in Psycho Neurobics. With more than 30 years of experience in various industries, his area of expertise lies in Corporate Training in soft skills, Goal Setting and Drug de-addiction. He has to his credit a study on Drug De addiction on Jail inmates of Open Air Jail Dharamshala (H.P) published in JOURNAL OF ADVANCES AND SCHOLARLY RESEARCHES IN ALLIED EDUCATION. He is currently running a Divine Wellness Center

WORKSHOP SCHEDULE

Days	Session 1	Session 2	Session 3
Day 1	Understanding & Practice of Enlightening & Blissful Psycho-Neurobics	Understanding & Practice of Powerful & Purifying Psycho-Neurobics	Understanding & Practice of Joyful & Peaceful Psycho-Neurobics
Day 2	Let Go meditation (Forgive & Forget) Understanding & Practice Loveful Psycho-Neurobics	Understanding Mind, Brain & Memory Memory enhancement exercises with Rhyme method & shaped method	How to improve the functions of both brains. Psycho-Neurobics Spa (a unique method of cleansing the energy body)

IMPORTANT DATES AND REGISTRATION FEE

Participant Type	Registration Fee per participant	Registration Closes
LPU Associate : Research Scholar / Faculty / Alumni/Students	Rs. 1500	25 th March 2019
External Participants	Rs. 2000	

Note:

- Course fee includes program kit, handouts, hospitality and certification.
- Online payment will be accepted up to 25th March 2019
- Cash payment will be accepted for registered participants latest by 26th March 2019 up to 4 p.m., subject to the availability of seats.
- Fee once paid is non-refundable.
- Accommodation can be arranged on request at subsidized rates.

HOW TO REGISTER

Step 1: Go to <http://www.lpu.in/academics/faculty-development.php>

Step 2: As a New user enter your particulars to Register/ Create an Account

Step 3: For Course Details click on “View brochure” in the “Courses available” Tab.

Step 4: Login to your Account created at the time of Registration. If Already registered, you can directly Login and access your account.

Step 5: Click on “Register” to register for the desired course available on the Home page.

Step 6: Select the appropriate participant group for registration. If Research Scholar, attach proof of Registration in M.Phil. or Ph.D. Program. If student, attach student ID card.

Step 7: Select the Payment mode and make payment accordingly.

MODE OF PAYMENT

- **Online Payment:** Net Banking/Debit Card/Credit Card
- **Cash Payment:**
Step 1: Register for the FDP;
Step 2: Download the Challan form;
Step 3: Submit the Challan Form and Cash in Division of Accounts Block 32-103 Window no. 1 from 09.00 am -04.00 pm

VENUE

Human Resource Development Center, Block 32-413, Lovely Professional University Campus, Jalandhar-Delhi G.T. Road, National Highway, Phagwara, Punjab 144411.

CERTIFICATION

Participation certificates by SIGFA-NITI AYOG will be awarded subject to meeting participation criteria i.e.100% attendance and Post training Evaluation

ABOUT THE HOST INSTITUTION

Lovely Professional University has a mammoth ultra-modern high-tech campus sprawling along the National Highway No.1 at the entry of Jalandhar City. Lovely Professional University is acclaimed for academic excellence, range of programme offerings, the inspiring quality and breadth of its academic programmes and research initiatives. It has established uniqueness through its world class pedagogy, creative work, leadership skills, nurturing faculty and providing support needed in achieving career goals.

Human Resource Development Center (HRDC) is an entity established under the aegis of Lovely Professional University for professional development of staff. The Center is responsible for planning, organizing, imple-

menting, monitoring and evaluating the staff development programs as per the desired standards of quality intended to be delivered. A variety of Faculty Development Programs are conducted to enhance the quality of teaching and research. The Programs are specifically designed to master state of the art developments in course content, pedagogy and research methods. Training Programs are conducted by eminent resource persons from nationally and globally reputed institutions. LPU is the Local Chapter for National Programme on Technology Enhanced Learning (NPTEL), offered by seven premier IITs and IISC Bangalore with support from Ministry of HRD, Govt. of India. LPU has been awarded AAA rating by NPTEL, a status accorded to the top ten chapters.

ORGANIZING COMMITTEE

PROGRAM CONVENER

Dr. Sunaina Ahuja, Associate Professor and Associate Dean,
Human Resource Development Center, Lovely Professional University.
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PROGRAM COORDINATOR

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