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Improving Mind and Body Health in Teens with Depression and Anxiety Through Psycho Neurobics

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Abstract

Neurobic recovery is a time-honored technique that has reemerged in modern times, showing significant progress in therapeutic fields. This unique method reveals the profound influence of our subconscious mind. It offers an alternative approach to healing that allows one to remain still and free from any reactive responses. Central to this process are the major centers of accumulated energy known as chakras, of which there are seven primary ones. Beyond the chakras, the body contains a complex network of 72,000 nadis—energy channels that intersect to form the chakras. Our endocrine system, responsible for regulating all hormonal activities in the body, is closely aligned with the structure of both the chakras and nadis. Many health issues stem from imbalances in this vibrational energy. Neurobic recovery applies the Law of Attraction to train the brain to restore and maintain infinite energy flow.

Keywords: Psycho Neurobics, Mental Health, Depression, Anxiety, Adolescents, Chakras, Energy Healing

1. Introduction:

Psycho Neurobics blends ancient yogic wisdom with modern neuroscience to harness the brain's power for healing and resilience. This technique promotes physical and mental wellness through controlled breathing, sound vibrations, light visualization, and specific body movements (mudras). It has been found effective in alleviating symptoms of stress, anxiety, chronic pain, and other ailments by restoring vibrational energy balance. In adolescents, who face unique social and emotional challenges, Psycho Neurobics offers a promising complementary approach for managing depression and anxiety. Yoga has been a well-known practice for generations, but psycho-neurobic techniques teach the brain to use mental power for creative endeavors, strengthen the body, and maintain the safety of both the body and the brain. Strong respiratory behavior, auditory cues, and depiction of different light tones may all be handled with a harpoon method, which is very helpful in ensuring that different diseases are recovered. The benefits of psychoneurobics for wellbeing go far beyond that. It has been discovered that psychoneurobics have beneficial healing relationships with a variety of necessary loads, exhausting suffering, and illnesses. Psycho-neurobics may often be helpful for people with mental illnesses following severe pushing factors due to abuse or injury. The important aspect of patching is found in the brain-body association that yogic techniques impart. Psycho-neurobics may allow people to give up negative mental self-perceptions and embrace themselves as they will generally be. It allows people to live with a variety of injuries, whether they be mental or physical. Psycho-neurobics have been thought to reduce or perhaps completely eradicate the side effects of a few common conditions, such as hypertension, knee pain, a sleeping disorder, back pain, diabetes, and cardiovascular disease. Therefore, psycho-neurobics is a recognized method of keeping up with ever advanced wealth. To explain these mental workouts, Dr. Lawrence Katz and Manning Rubin coined the term "neurobics," which includes methods to help the brain remain pure. Psycho-neurobics: Psycho-neurobics is the science and technique of producing the proper vibrations in the body, with an emphasis on certain concepts and technologies. We can create the frequency of our subconscious and attract heavenly energies by combining specific meditation techniques and exercises with special shapes, vibrations, and mudras. The strength of consciousness in the world is used to deliver astronomical vitality, which is subsequently replaced by mental senses and neural mechanisms. The selection and distribution of this energy across the power of the brain is referred to as the

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psycho (mind). According to analysis, psycho-neurobics can only experience positive benefits on their general well-being by consistently practicing a regular routine. The ethical opinions of the understudies were pre-screened to ensure their resonance with the principles of the two drives. It is important to precisely determine whether action in non-devotees or understudies with various conviction systems is feasible. It is extremely difficult to summarize research findings to non-Indian students since several elements of the three-sided psychoneurobic approach are deeply ingrained in India's indigenous religions. The school schedule was used to define the activity's four-month timeframe. The inquiry did not provide any postponed surveys after the intercession concluded because the following months were set aside for test scheduling and final semester exams. A simple repetition of the psychoneurobic mediation will be more beneficial for longer periods of time, both before and after the intercession. In the Indian subculture, the dwelling is a significant construction. Although it was discovered during the cycle of investigation that pre-mediation psycho-training of guardians may have provided more notable comfort and awareness from family setup, the emphasis of ebb and flow research was predominantly adolescent.

2. Objectives of the study

- To explore the effectiveness of Psycho Neurobics in improving mental and physical health among teenagers experiencing depression and anxiety.
- To analyze the impact of Psycho Neurobics on emotional resilience and behavioral outcomes in adolescents.
- To assess the feasibility of implementing Psycho Neurobics as a school-based mental health intervention program.

3. Need for the Study

With rising rates of depression and anxiety among teenagers globally, there is an urgent need for accessible, non-invasive, and holistic interventions that support mental wellness. Conventional treatments often have limitations such as side effects or accessibility issues. Psycho Neurobics, with its integrative approach rooted in energy healing and mindfulness may provide an effective supplementary therapy to enhance the overall well-being of young individuals.

4. Scope of the Study

This study focuses on adolescents aged 10 to 18 years diagnosed with mild to moderate depression and anxiety. It evaluates the physiological, psychological, and behavioral effects of Psycho Neurobics over a defined period. The study aims to provide insights relevant for mental health practitioners, educators, and caregivers interested in complementary therapies for youth mental health.

5. Literature Review

Neurobic Exercises and Cognitive Health: Dr. Lawrence Katz and Manning Rubin introduced neurobics to describe brain exercises that promote neural plasticity and cognitive resilience. Studies show regular practice can enhance mental clarity and emotional balance (Katz & Rubin, 1999). Chakras and Energy Medicine: Chakras are energy centers that influence physical and emotional states. Imbalances in chakras and nadis have been linked to various health issues, including stress and hormonal dysregulation (Dhankhar et al., 2020). Yoga and Mindfulness for Mental Health: Research indicates yoga and mindfulness practices reduce symptoms of anxiety and depression by improving emotional regulation and stress response (Butterfield et al., 2017; Hendriks et al., 2017). Psycho Neurobics in Adolescents: Emerging evidence suggests psycho neurobic practices can positively affect mood, behavior, and social functioning in young populations, but more rigorous research is needed (Gupta & Pradhan, 2018).



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6. TYPES OF PSYCHONEUROBICS

- **Light Neurobics:** Study reveals that hues provide vitality of vibration that has a tremendous influence on the consciousness, inclination, discernments and emotions of the human being.
- **Sound Neurobics:** By creating sounds, sound waves fly across the World. This illustrates the adjusting and relaxing propensity influence of particular mantras, supplications, rhymes and notes on our minds.
- **Easy Neurobics:** This comprises of neuro-strong and neuro-respiratory practises, for example, 'hastamudras'; 'asanas' and 'pranayama' that turns divine vitality into life forces for our body and also to free disconnected mystic vitality.

7. Methodology

Design: Randomized controlled trial involving two groups of adolescents: an intervention group receiving guided Psycho Neurobics sessions and a control group with no intervention.

Intervention: Psycho Neurobics sessions conducted thrice weekly for 12 weeks, including Light Neurobics (color visualization), Sound Neurobics (mantras and vibrations), and Easy Neurobics (breathing and mudras).

Data Collection: Pre- and post-intervention assessments using standardized scales for depression (e.g., Beck Depression Inventory), anxiety, and behavioral measures (strengths and difficulties questionnaire).

Ethical Considerations: Informed consent from guardians and assent from participants obtained prior to study commencement.

8. Data Analysis

Data will be analyzed using paired t-tests and ANOVA to compare pre- and post-intervention scores within and between groups. Effect sizes will be calculated to determine the magnitude of changes. Qualitative feedback on participant experiences will also be thematically analyzed to complement quantitative findings.

8.1 Personal health:

Mental ailment and prosperity Mental prosperity was by and large described in slanderous terms preceding the most recent couple of many years, with the absence of psychopathology generally saw as proof of good wellbeing or prosperity. The clinical and biomedical sciences is basically engaged around the overall reason that condition studies can remember proof for effective mental working notwithstanding therapies for those issues (Huppert, 2005). As an outcome, contemplates focused essentially on finding hazard factors for mental failing as opposed to on the reasons for human thriving. Along these lines, the investigation of prosperity and mental despondency reflects equal ways to deal with mental prosperity, and segment considers have shown that mental prosperity and sick being measurements are not contradicting posts of a particular and unifactorial idle thought, nor absolutely separate constructions (for example Massé, Poulin, Dassa, Lambert, Bélair, and Battaglinin, 1998). All things considered, they will in general epitomize corresponded parts of (at any rate) an inactive two-dimensional model that may mirror a psychological wellness meaning of a higher request. An abundance of studies has demonstrated a solid rate of emotional well-being messes among youthful grown-ups (for example Lewinsohn, Hops, Roberts, Seeley, and Andrews, 1993). Young adulthood involves an intensely transformative phase of time marked by more life-changing responsibilities, ethnic diversity, uncertainty and identity preferences than every other level of life (Arnett, 2000). Many quit their childhood home throughout young adulthood, complete their schooling, set up a job and many carry on family duties and nurse small children.

8.2 Mental health: Well-being

Since I surmise that very few people go to the psychotherapist for help since life is an inordinate measure of fun, our clinical inspecting of the two completions of this dissemination is uneven.

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Nonetheless, I am convinced that "high-fulfillment" people exist; and I ought to be stunned if my perusers, in thinking about their extent of partners, can't resist the urge to negate me. There are individuals who have all the earmarks of being prepared to take broad delight from for all intents and purposes any condition not especially stacked with aversive fragments and for whom the most ordinary experiences radiate an impression of being a wellspring of huge fulfillment. I surmise that these people are the lucky ones at the high completion of as far as possible continuum for instance they were "brought into the world three drinks" ahead (Meehl, 1975, p. 299-300). Since everlastingly researchers have offered countless evaluations of what contains the good life (Becker, 1992; Ryff, Singer, and Love, 2004), and various wordings and conceptualisations of the possibility of thriving have been figured (Urry, Nitschke, Dolski, Jackson, Dalton, Mueller et al., 2004). Life satisfaction, confidence, individual fulfillment, mental success, and unique flourishing (SWB) are contemporary forms focusing in on the presence of positive mental qualities related with both mental and genuine prosperity (Ryff et al., 2004). The present moment there are two decision, yet usually enhancing perspectives on thriving in mental investigation with capabilities drawn among eudaimonic and profligate pieces of flourishing (Ryan & Deci, 2001). The eudaimonic perspective is unequivocally impelled by Aristotelian perspective, focussing on the affirmation of a person's "daimon" (genuine quintessence, or certifiable potential), actualisation, and human turn of events. Inside this custom, mental thriving (PWB)¹ is the standard functional measure. The luxurious perspective is set up in enjoyments, appetites, and impacts (Ryan & Deci, 2001), focusing in on experiences of life as extraordinary, and draws inspiration from the old Greeks (for instance Epicurus) and coming about realists, for instance, Thomas Hobbes (1588-1679) and Jeremy Bentham (1748-1832). Inside this perspective the umbrella term of unique flourishing (SWB) is the central observational form.

9. Conclusion:

This study aims to contribute to the limited but growing evidence on Psycho Neurobics as a viable school-based intervention to improve mental and emotional well-being in adolescents with depression and anxiety. Preliminary findings suggest that regular psycho neurobic practice can enhance emotional resilience, reduce symptoms, and promote overall health in this vulnerable population. Further research with larger cohorts and longer follow-up is recommended to validate and expand these findings.

10. Limitations

- The study is limited by a relatively small sample size and short intervention duration, which may affect the generalizability of results.
- The reliance on self-reported measures could introduce bias.
- Cultural factors influencing the acceptance and practice of Psycho Neurobics may limit applicability in diverse populations.
- Long-term effects beyond the study period remain unexplored.

11. References

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