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PSYCHO NEUROBICS PRACTICES FOR SELF HEALING FOR INDIVIDUAL SEAFARER: WELLNESS AT SEA

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ARTICLE INFO	ABSTRACT	ORIGINAL RESEARCH ARTICLE
<p>Article History Received: February 2020 Accepted: April 2020 Keywords: psycho-neurobics, seafarers, exercise, body, mind, etc.</p> <p>Corresponding author* Deepchand Dhankhar Yoga Samskrutham University Florida</p>	<p>Psycho-neurobics is actually a set of exercises of transferring Spiritual Energy in neuro cells by connecting Psyche (Mind) to the supreme source of Spiritual Energy. It's the greatest methodology in order to guide the mind to be able to make use of brain energy for creative work, to heal the body and to keep body and mind healthy.</p> <p>In this paper, we would understand how Psycho-neurobics support seafarers in various forms of self-healing. We will also understand how Psycho-neurobic exercises are designed with a holistic approach to removes negative energy, healing Chakras and improving mental strength. The study will also discuss the importance of Psycho-neurobics Practices for sailors to overcome any illness or overcoming with day to day sea life's stress through practicing Psycho-neurobic for keeping them mentally and physically fit at sea.</p>	

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1. INTRODUCTION

Thousands of miles away from home, far away from their loved ones, the sailors are able to end up fighting loneliness, depression along with other mental health problems in an atmosphere hostile to the typical social interaction.

Sailor's psychological wellbeing and its effects have been a long-discussed problem, despite different scientific studies indicating high suicide rates within the merchant shipping industry. Established international trusts, charities; shipping industry and non-government organization (NGOs) have been

offering support and different therapies to struggling merchant sailors for years. However, no specific program has been centered on the prevention of mental health issues of merchant sailors working at sea. The answer lies in the Chinese Proverb "Give a Man a Fish and You Feed Him for a Day. Teach a Man to Fish, and You Feed Him for a Lifetime". There is a need to equip the sailors with self-healing techniques such as yoga and Psycho-neurobic, meditation for their own wellness at sea

The practice of yoga has been around for centuries, however, Psycho-neurobic

exercises and its associated benefits are not known to many. This study aims to introduce to the seafarers the advantages of Psycho-neurobic exercises. This would enable them to boost their social, physical, emotional, intellectual and spiritual wellness at sea.

Psycho-neurobic exercises 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 colors of light makes it highly effective to ensure a cure from various diseases.

The health benefits of Psycho-neurobics go a lot further than that. Psycho-neurobics practice has been shown to have beneficial recuperating impacts for various basic afflictions, interminable torment, and sicknesses.

Psycho-neurobics can also be beneficial for people with mental disarranges, post awful pressure problems, that are due to misuse or damage. The essential component of mending lies in the mind-body association that yogic strategies give.

Psycho-neurobics can encourage people to accept the selves of theirs as they appear to be, relinquishing negative mental self-views. It helps people to cope with various traumas be if physical or psychological.

Psycho-neurobics has demonstrated to diminish the side effects, or perhaps completely dispose of them, in many regular infirmities such as asthma, joint pain, a sleeping disorder, back agony, diabetes, coronary illness, and it's a perceived mending strategy. In short, Psycho-neurobics is a tested path for achieving better health.

2. WHAT IS PSYCHO-NEUROBICS?

Neurobics: Neurobics reflects the hypothesis that cognitive capabilities can be taken care of or even raised by exercising the brain. This is predicted by the observation that health and fitness are actually raised by exercising the body muscles and joints. Neurobics is actually the science of mind

exercise. The term neurobics was coined by Dr. Lawrence Katz and Manning Rubin to describe these brain exercises and it consists of methods that help the brain stay healthy.

Psycho-neurobics: Psycho-neurobics is actually the science and method of producing the right vibrations in the body based on specific concepts and technology. By implementing some mediation methods and exercises using specific styles, sounds, and mudras, we are able to generate the frequency of the subconscious of ours and attract divine energy.

Thus Psycho-neurobics helps us to improve our mental strength and will power. It is a procedure of taking astronomical vitality that is in the universe by the intensity of mind and after that exchanging it to mental faculties and neuro system. The word psycho (mind) reflects that the gather and exchanging this vitality through the intensity of the brain.

Research has demonstrated that just rehearsing an ordinary Psycho-neurobics routine all the time is able to provide results of by and large better health. It balances out the mental faculties and body, to begin with, and strengthen the soul as the ultimate outcome.

The mind can be exercised or stimulated either by hue/colour (Light Neurobics), or vibrations (Sound Neurobics) or by tasks such as Asanas / Pranayams (Easy Neurobics). The Psycho-neurobics joins all of these 3 Neurobics to bridle the strength of mind for self-healing.

2.1. HOW PSYCHO-NEUROBIC WORKS?

This divine power opens up the blocked' Chakras', which are actually the energy centers of the body of ours and release passive energy. When done regularly over a period of time, this passive energy is actually replaced by a more active type of power. Active energy restores the standard balance which starts to burn additional fat and also increases the metabolic rate of ours, leading to weight management for a healthier and blissful living. For all those who have been on

innumerable diet plans or even enrolling in one to the other group gyms/slimming centers to manage excess fat, Psycho-neurobics is the new age method to bring a far more sustainable change from the inside of yours.

The soul is actually the source of spiritual energy responsible for the biological features of the human body and Soul uses imagination as an instrument in this entire process. By virtue of this mechanism of interaction, the soul has the ability to bring and collect requisite spiritual power from the Supreme Source of Spiritual Energy for the complete (physical, emotional and mental) progress of being.

Soul receives spiritual power from the Supreme Source and sends it to Mind for more distribution. The brain is actually provided the duty of transforming the energy into emotions and thoughts and distributing these to the mental faculties and body. As all of us know, energy is actually neither created nor destroyed, it's always transformed. Just as electrical power is actually converted by the fan into the type of physical vitality and also the exact same electrical energy is actually transformed by the power light bulb into gentle energy. In the same course of action, spiritual power is converted to mental power in the mind.

The mind is actually the central nervous system. Through the human brain, there's an extended wire till the coccyx region that is known as the spinal cord. The spinal cord usually carries the current that is transmitted through mind such as a transformer. However, there is actually the main emotional energy center along with the spinal cord referred to as chakras. All these 7 energy centers work like electric poles from which there are lots of nerves like electric wires connecting organs and system different from the body to transfer spiritual and mental current in the human body. The brain constantly keeps on transferring power to the nervous system. The energy spontaneously travels out to the spinal cord

2.2 PSYCHO-NEUROBICS EXERCISES AND ASSOCIATED BENEFIT

• BENEFITS OF PSYCHO-NEUROBICS TO SEAFARERS FOR SELF HEALING

Self-healing refers to the method of recovery (generally from mental disturbances, trauma, etc.), motivated by and directed by the affected person, guided often just by instinct. Such a procedure encounters mixed fortunes used done in a systematic manner. The important requirement is the self motivation or mental strength to carry out the healing process.

The importance of self-healing lies in its power to be customized to the unique experience and demands of the person. The procedure could be helpful and accelerated with introspection methods like Meditation. Psychological interventions may also be used to promote good brain health to be able to stop psychological disorders. , memory development, improving concentration, mental health emotional health self-empowerment anxiety, hypertension, blood control, blood sugar control, stress management improving mind-body-soul balancing chakras as evident in the literature review

3. WELLNESS AT SEA

The term "Wellness at sea" is gaining popularity in the maritime industry, as the Seafarers' onboard requires maintaining Physical, Emotional, and spiritual well-being at all times. This may require a lifestyle change onboard vessels. Yogic exercises and Psycho-neurobics meditation are therapeutic ways forward.

"Wellness is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being. Wellness, clearly understood, can be a useful term for health promotion professionals and for the general public. Wellness programs should promote all of its many dimensions."

Wellness at sea: Wellness at Sea is a coaching programme aimed at improving

seafarers' on board well-being. Wellness at Sea seeks to combat these issues by addressing 'wellness' as a holistic concept made up of five specific areas of well-being: Social, Emotional, Physical, Intellectual and Spiritual

3.1 WHY SEAFARERS REQUIRE SELF HEALING ?

The seafaring community has always advocated that Health is Wealth and that strict physical check-ups are mandatory prior boarding any vessel. In practice however the focus is on physical health. The issue of concern of this paper is the mental well-being of the seafarer. He works under tremendous professional stress. He works in a dangerous environment always at the mercy of nature. Even the most basic task of walking is a risk to him since the ship is never steady. He is aware that he and his team of twenty odd personnel are running a 100-million-dollar industry. He is aware that a single mistake could lead to a financial loss of a couple of million dollars to the owners at the least. Worst a single mistake could be his last mistake as he would be paying it with his life. To make matters worse he is physically away from his family and loved ones. Earlier there was a communication gap, news would take a month or two to reach and that was bad. Now with internet services available and news travelling immediately it is actually worse. When you are far you always assume the worst. The problems multiply in your head when you are not on the scene. To add insult to injury you are physically helpless to provide any help other than of monetary nature. All this ends up with the seafarer confused and mentally not at his best.

3.2 WELLNESS AT SEA PROGRAM AND ITS DIMENSION

The Wellness at Sea programme was initiated in 2010 in South Africa by Johan Smith, a port chaplain in Cape Town, with the support of a number of seafarer trusts and organizations. The Sailor's Society was looking into ways to tackle poor retention rates for maritime staff and the difficulty of attracting people to a career at sea. Fewer and

fewer people want to go into a career at sea and the global shipping industry's popularity has plunged.

The Wellness at Sea program tackled this issue head-on. On 22 April 2015, it was launched during the Singapore Maritime Week at the Sea Asia 2015 conference.

The programme comes as a brief, tailor made program with a novel approach. Wellness at Sea is actually organized around 5 important modules representing a holistic idea of wellbeing, bringing together the 5 diverse dimensions of an individual's life: spiritual, intellectual, physical, emotional, and social wellness. The program was run in South Africa, Namibia, China, The Philippines and Hong Kong and was delivered to both officers and cadets through in house training programs and selected maritime training colleges respectively.

The ultimate goal of the program was to ensure that issues are avoided from occurring because of awareness, reflection and self knowledge. The program aimed for cadets was especially helpful since it equipped them with information about what life at sea is actually like before they ventured out to sea.

The social health module focuses completely on relationship building, interaction and tackling prejudice. On board building bridges, tackling prejudices and developing relationships is incredibly hard. Being a truly international sector, a clash of cultures is actually unavoidable. This is further aggravated when the seafarers spend longer periods of time confined within a limited space. The module uses social networks to motivate the seafarers with an underpinning cultural sensitivity. The aim of this module is to ensure that psychological problems could be averted through open discussion, creative expression and a healthy lifestyle.

Wellness at Sea is actually a coaching programme aimed at boosting seafarers' on board well-being. The great majority of incidents happening at sea tend to be attributed

to' human error', a phrase which disguises a multitude of underlying problems. Fatigue, poor brain health, stress and numerous other concerns all affect seafarers going about the everyday work of theirs. They may be the big difference between safe transit and a big

incident. Wellness at Sea seeks to fight these problems by addressing 'wellness' as a holistic idea made up of 5 particular parts of well-being: Social, Physical, Emotional, Spiritual and Intellectual.

Social Wellness	Communication Interpreting and Managing Conflict within the Workplace Diversity Relationships with Family/Friends at Home
Emotional Wellness	Mental Health – Identification and Support
Physical Wellness	HIV/AIDS Malaria Ebola Healthy food and hygiene Fitness on-board Dental care
Intellectual Wellness	Basic Seafarers' Rights An Introduction to Welfare Organizations Money Matters Piracy
Spiritual Wellness	An inclusive approach to spirituality, allowing space to reflect on spiritual beliefs. This is an optional section of the course.

3.2.1. PSYCHOLOGICAL STRESS ON SEAFARERS

Stress is the response to an event or situation. It is part of the normal process of adaptation to the environment and consists of adaptive behavioral responses (coping). It is commonly considered as the result of a relationship with the environment that an individual appraises as significant for his/her wellbeing and in which the demands tax or exceed available coping resources.

Exposure of subjects to the stress of physical, social, or environmental nature for a long time may make difficult to cope with it. When the subject becomes dysfunctional a condition named distress is generated. At work, several factors such as job content and any inadequacy or deficiency in organizational communication may lead to the perception of an imbalance between work demands and

needs and/ /or resources used. This creates distress. Work-related stress is a topic receiving increasing attention from research and political institutions.

Seafaring is a working activity with particular characteristics and is performed in specific contexts from a physical and psychosocial point of view. Work-related stress affecting sailors has particular characteristics often different from the stress that can be appreciated in other working activities. These include many possible dangers in the form of accidents, injuries, and diseases.

Seafaring risks depend on the type of activity or work onboard. This activity must be regarded as strenuous due to the multitude of factors within and without the ship that comes to bear on it. The work of seafaring is characterized by subjective and objective

stress factors. Subjective factors rely on the self-assessment of the person's own condition and on the degree of personal satisfaction that work produces. Subjective factors playing a role in the cause of accidents onboard are very difficult to assess. They are probably the cause of more than 50% of accidents and the most frequent reasons for absence from work at sea.

Objective factors rely on the conditions in which the work is done (noise, vibration, temperature changes) leading to physical, chemical, mechanical, and structural risks. Other objective factors are represented by social and organizational aspects such as excessive responsibility, monotony, lack of career prospects, sleep difficulties, and long separations from families and homes.

These elements may have a negative influence on the physical and psychological efficiency of the crew. Working under stress worsens the quality of life of the employees, their wellbeing, and can also negatively affect their health. More specific factors can be related to different activities in which seafarers are involved (pilots, masters/mates, engineers, and deck crew).

This review has collected updated information on different stress factors affecting seafarers with the purpose of identifying those specifically related to a particular duty on board. Based on reviewed data, possible interventions of using Psycho-neurobic meditation exercises for improving the psychological health of sailors and their wellbeing is suggested.

Loneliness is the most frequently reported condition by all seafarers, and leisure scarcity and fatigue have also a relevant impact on all. Short stays by vessels in port and the large number of ports visited in a limited amount of time have exacerbated the problem of fatigue over the past few years.

Beyond these aspects, which represent the first source of stress, some specific features differentiate groups of seafarers based on their rank. This is the case with sleep disturbances, which are reported by pilots and engineers

with a higher incidence than by deck crew and masters/mates.

On the other hand, work pressure is felt by pilots less than by others. Pilots have a great responsibility, must be able to make fast decisions, and should often afford hard and physical work. Masters/mates and engineers report similar scores in most measures of job satisfaction.

This probably reflects the psychological advantage of having responsibilities, making decisions, and being involved in organizational tasks. Deck crewmembers report the lowest satisfaction levels. The risks for stress on board can be regarded as a virtually endless list of human tragedies. It has been reported that stress can represent a cause of fatal accidents in the merchant marine, and the IMO estimates that 80% of accidents onboard cargo ships are caused by human factors.

Probably the most common psychological problems Research published in 2013 by Dr Stephen Roberts from Swansea Faculty showed that between 2001 and 2005, merchant seafarers scored the second-highest amount of suicides amongst all the professions, after coal miners. Today, the speed of suicide for international seafarers is actually triple that of shore employees, based on the International Maritime Organization (IMO). The Seafarers International Research Centre (SIRC), which publishes a range of informative reports on the problems encountered by maritime crew, discovered that unsurprisingly, "seafarers reported high levels of work related stress," however "they rarely sought medical assistance and tactics to fight stress seemed to be restricted to physical exercise."

As a result of a high amount of bad training and prejudice about dealing with mental health and the implications of its, seafarers are unlikely to seek professional support or counseling, typically with grave consequences. "Some seafarers have likened staying on a ship to being in prison," says

Alice Todd, project co-coordinator for Wellness at Sea.

Many seafarers live under the constant threat of piracy attacks, assaults and robberies, an increasingly common occurrence at sea. Research by maritime analyst Dryad proved that in 2014 there were 235 attacks globally, the vast majority of which took place in Southeast Asia. In exactly the same year, forty four crew had been believed to be held captive following pirate attacks. Based on the ITF Seafarers' Trust, "nearly 5 1000 seafarers have been hijacked in recent years and detained for months in frequently appalling weather, while thousands of others have been the victims of a pirate attack."

Even in the instances where hostages are not being taken, the crew is frequently injured, abused and left traumatized by the assault. Further seafarers need to emotionally prepare both themselves and their families when travelling through high risk areas of piracy. Obviously the stress levels reach even greater heights.

3.2.2 STRESS BUSTERS ON BOARD TODAY

It is understood that a happy crew is a dependable crew. Certain measures are in place to reduce stress. Some of these are –

1. MLC act as specified maximum hours of work and minimum rest periods
2. Installation of shipboard telecommunication systems to contact families and friends
3. Shorter Contracts
4. Availability of some leisure activities
5. Encouragement of physical engagement
6. Cultural projects
7. Recreation Areas

3.2.3 GAPS TO FILL

Despite the above measures, the stress on the seafaring community is still on the rise as evidenced by the number of accidents caused by human errors and the rise in the number of suicides as discussed above.

With shore leave being curtailed for multiple reasons, obtaining family visa

becoming more difficult with every passing year, ships being made to turn around even faster the stress levels are bound to keep increasing unless a new answer is sought.

1.2.4 HOW PSYCHO-NEUROBICS CAN CONTRIBUTE IN SAILORS WELLNESS AT SEA?

Research study on Psycho-neurobic practice advocates its success among population that is diverse. A number of areas where Psycho-neurobic intervention has demonstrated good results include stress management and improvement in the self healing process

Significant reduction in pre operative anxiety levels of individuals undergoing cataract surgery was noticed after patients received Psycho-neurobics and counseling services. Psycho-neurobics has been used to control hypertension.

A tripartite approach of healing, Psycho-neurobics comprise of Easy neurobics (neuro-muscular-respiratory actions), Sound neurobics (vibration through vowel chanting), and Light neurobics (visualization of colors that are various).

Restoration of balance among the 7 energy centres (chakras) and 5 elements (panchmahabhoot) of human body are actually considered crucial pre requisites for holistic health. Body organs and their associated functions deviate from their optimal program when their vibrations don't harmonize with energy of their respective styles or perhaps there's imbalance in the energy flow among the 5 components composing human body Through combination of Light neurobics, Easy neurobics and sound neurobics, the professional engages in sequence of methods which includes varied spiritual hand gestures called mudras, guided imagery, healing cabins with monochromatic styles, and mantra induced hypnotic state.

Checking out the accessible literature, there's substantial research body propounding support for the single ingredients. In a study by Gurjar, Thakare and Ladhake (2009), where

they used waveforms of frequency modulation for studies, results suggested that repetitive chanting of 'Om', the primordial sound thought probably the most effective mantra, had calming effect on physiology. 'Mudra', which represents different thoughts, representatives and emotions of different states of being, involves a psychological state of development and humility of understanding (Mohini, 2015; Saraswati, 1999).

The success of the experiments shows that Psycho-neurobics could do wonders on board too where as discussed the overpowering concern today is stress.

There are various recommendations for seafarers related to Psycho-neurobics practices:-

1. Sea farers could be directed to practices Psycho-neurobics on a regular basis to keep the good health of theirs by lowering their Hyper Tension
2. The process of Psycho-neurobics may be utilized for various other ailments which can generate a good impact without the usage of any medication.
3. It is recommended that Psycho-neurobic be included in daily regime of maritime training schedule along with physical exercises yoga etc as Psycho-neurobics helps in balancing mind body and soul
4. Seafarers also can practice Psycho-neurobics to bring down the emotional stress
5. Seafarers could make use of web counseling with a psychologist to reduce factors previously indicated

4 LITERATURE REVIEW

Candice L. Shelby (2019) [1]

Worldwide, practitioners and researchers in psychiatry are increasingly interested in the usefulness of such things as Psylocibin, LSA, and MDMA in dealing with such disorders as addiction, post traumatic stress disorder, and various other kinds of depressive and anxiety. Though most of these things had been declared illegal in many countries during the 1970s, exploration into their use was prevalent during

the mid 20th century, as well as has just recently returned to the spotlight. Psychotherapy improved by several of these things has been shown to be extremely effective where pharmaceuticals haven't.

People undergoing these therapies seem to be actually healed, rather than just treated. This, however, raises the philosophical question of what the nature is actually of the healing which treatment utilizing these substances fosters. Unlike pharmaceutical solutions, these therapies aren't based on a biological model, chronically altering brain chemistry; and also unlike conventional talk therapies, psychedelic assisted psychotherapy doesn't require lengthy periods of time, or perhaps any of the components related to Freudian, cognitive behavior, and any other mental models.

Using traditional philosophical techniques, this particular newspaper argues that objections to the usage of psychedelics in psychotherapy are actually unwarranted, and that, in fact, the healing type that they bring about is simply what our alienating, isolating, and competitive contemporary world must have.

Kumar S. & Shekhar C. (2018) [2]

The study explored the viability of psychoneurobics on memory among high school youngsters matured fourteen to sixteen in JSS High School, Karnataka State, Mysore, Lakshmipuram, India.

The study used one gathering pretest and posttest, pre exploratory structure. The population for the study involved poor entertainers of tenth standard understudies of different segments of High school in Mysore. The understudies had been ready to rehearse psychoneurobic exercises thirty minutes day by day for 3 months. Ecstatic Neurobics, Dynamic Neurobics and enlightenment Neurobics had been educated and taught to rehearse each day for 3 months.

The device used for info gathering was Memory Tests viz. Regular Verbal Memory Test, Audio Visual Memory Test, and the

Audio Memory Test. The effects of Memory Tests had been broken down before the initiation of the evaluation (Pre test) and after the time of trial (Posttest).

The info gathered were broke down through mean, t test investigation and standard deviation. The direct result of the study indicated an enhancement in memory scores of understudies, who were rehearsed psychoneurobics works out. ($t = 3.951$ and p esteem is actually 0.000428) The outcome is actually crucial at $p < 0.05$. The study reasoned that psychoneurobic is actually an imaginative technique in improving memory of understudies and in this fashion enhancing their scholarly execution.

J. Sheela grace (2018) [3] The goal of the research was to evaluate the outcome of Psychoneurobics on Concentration and memory Development among the school kids. The investigation was done in Satchidanandan Jothi Niketan, Tamilnadu, Coimbatore, Mettupalayam, Kallar, India. The sample consisted of fifty kids studying 6th standard, aged 11 12 years. A before and after team design with assessment after 3 weeks of psychoneurobics program (module), was taken for the study.

The psychoneurobics plan consisted of Enlightening Neurobics, Colour Therapy, Dynamic Neurobics, Blissful Neurobics, Neurobic Machine and memory Techniques check for state of mind. Degree of mind of each kid was evaluated through interview routine by using modified NIMHANS tests of mind for kids. The Neurobics program was done each day for a period 3 weeks, evening and morning. Once again the team was evaluated for memory. Paired? t? test was adapted to discover the distinction on selected variables between pre and post of the system There was a major enhancement on subtests of mind on selected variables.

Hence it might be concluded that Psychoneurobics can be used to deliver Improvement in Concentration and Memory.

Tiwari P. D. & Shekhar C (2018) [4] Neurobic recuperating is actually a multiyear old method which has reemerged in present day times and has been creating leap forward results in restorative fields. This exceptional system uncovers the incredible power of our subliminal mind. It's an optional mending approach which must be possible sitting at one spot and is actually with no kind of reactions. A lot prepared and brain that is effective is not only ready to interface with the celestial vitality current in the Universe still in addition prepared to pull in it by charging.

Human entire body is composed of an arrangement of Nadis and chakras. Chakras are actually the substantial areas which have concentrated vitality. You will find 7 noteworthy Chakras. Notwithstanding Chakras, we've many sided systems of 72,000 Nadis. The cross purpose of Nadis can make up the Chakra. Both Chakras and Nadis framework are securely identified with our Endocrine framework which directs every single hormonal activity in the human body. Vibrational vitality moves through these Chakras and Nadis to make human life.

The lopsidedness of this vibrational vitality is actually the essential reason behind various ailments. Neurobic mending, utilizes the standard of Law of Attraction, to prepare the human brain and draw in the infinite vitality.

Gupta, Aditi. (2018)[5] Dwelling on the emotional health problems of society in general and youth in particular, the WHO report (2009/10) estimated that around one in 5 folks that are young under the age of 18 experience some type of developmental, behavioral or emotional issues. With an estimated 1.2 billion folks that are young aged 10 19 years in the world, the issue requires substantial consideration of mental health professionals, behavioral scientists and policy makers.

With this particular consideration, the current study tries to take a look at the usefulness of two types of treatment

strategies? Psycho-neurobics and Mindfulness meditation on the psychological well-being of high school pupils aged fifteen to seventeen years in Delhi NCR, India. The quasi experimental design examined the outcome of four weeks mindfulness training and psycho neurobic running as compared to control team on pre identified adolescent exhibiting low mental well-being.

Analysis of Pearson and Variance correlation revealed both treatment groups experienced increase that is considerable in mental well-being. Nevertheless, improvement that is significant emerged in improvement trajectory of various domains of mental well-being where psycho neurobic treatment yielded better effectiveness. The study empirically demonstrates psycho neurobics as a good treatment which may be incorporated with school curriculum in Indian subpopulation.

R. Umamaheswari (2018) [6] Today's pupils are actually the leaders of tomorrow; therefore the behavior of theirs must be formed. Lots of pupils don't let the ideas of theirs out, which is actually inside them since it might go wrong. Psycho Neurobics is able to improve the Self-Assertiveness and most of those that are actually self-assertive they can improve their Self-Empowerment, thus becoming the leaders of tomorrow.

The current study is actually aimed to assess the outcome of Psycho Neurobics in enhancing Self-Assertiveness to Self-Empowerment to the pupils of Satchidanandan Jothi Niketan International School, Kallar. The eighth grade pupils around 50 in number had been split into 2 groups depending on their Self-Assertiveness as experimental group and management.

Psychoneurobics was practiced to the experimental group for a period of 3 months. The psycho neurobics practiced to improve their self-assertiveness to self-empowerment are actually Enlightening Psycho Neurobics, Empowerment Psycho Neurobics and Neurobics spa. The outcomes of Post and pre

assessments of both management team and experimental group was analyzed and discovered to improve self-empowerment of the pupils.

Gupta, Shubhra & Pradhan, Somen (2018)[7] Anxiety is an ordinary adaptive response to stress. Preoperative anxiety around cataract surgery impacts a sizable proportion of individuals, despite advances in method and anesthesia administration. Thus, cancellation of cataract surgery due to anxiety is actually a difficult task in the preoperative proper care of individuals

Psychoneurobics is actually a meditation method through complete involvement of mind, soul and body in which cosmic energy is actually inhaled through the strength of head and after that transferred to the body's neuro system. So the goal of the current study was to evaluate the outcome of psychoneurobics on anxiety level of individuals undergoing cataract surgery.

Methods and materials: A prospective randomized control study was carried through in a private eye hospital. One 100 individuals undergoing cataract surgery had been enrolled as well as randomized into 2 groups, specifically, experimental group (receiving psychoneurobics and counseling both, n=50 control and) team (receiving counseling only, n=50). Anxiety was calculated using Amsterdam Preoperative Anxiety and Information Scale (APAIS) preoperatively before and after the psychoneurobics and counseling.

Result: In the study, during first assessment, done before psychoneurobics/counseling, anxiety level of experimental team was discovered greater compared to the control group. Nevertheless, in next assessment (after intervention), experiment group receiving psychoneurobics showed a greater reduction in anxiety (APAIS score) than management group. This finding was statistically significant (7.742.15 vs. 12.22.64, $p < 0.001$). **Conclusion:** Psychoneurobics, the mind body treatment,

was discovered to be useful in reducing the anxiety of individuals undergoing cataract surgery.

G. Uthaya Banu (2018) [8] this study is actually aiming at inculcating values among pupils at school through Psycho neurobics practices The goal of our life is actually loving and serve others and it's to be trained to the kids at the school level itself. 8 moral values are actually selected as variable for study. Psychoneurobics is definitely the exercises of transferring spiritual power in neuro cells by connecting psyche (Mind) to the Supreme source of spiritual energy (GOD).

The preferred Psychoneurobics to train the kids to improve the moral values of theirs are actually Neurobics Spa, Enlightening and Blissful Neurobics. This study has been focused to document quantitatively the outcome of Psychoneurobics in enhancing moral values among the pupils of VIII grade (age group thirteen- fourteen years) of Satchidananda Jothi Nikethan International School at Kallar, Tamil Nadu, Coimbatore district, Mettupalayam, India.

This study also aims at the comparative research of the change in personal values among the control and experimental group of pupils on these selected 8 values with the pre and posttest conducted utilizing a Standardized Personal Value Scale by Madhulika Verma and Vindeshwari Waxar Pawar. The comparative analysis is actually made using bar graphs and the paired t' test are actually tabulated. The process of Psycho neurobics had a major impact on improving the Overall Moral value among pupils of age group thirteen 14 (Grade VIII) of Satchidananda Jothi Nikethan international school.

Peeyush Jain (2018)[9] Neurobic recuperating is actually a multiyear old method which has reemerged in present day times and has been creating leap forward results in restorative fields. This exceptional system uncovers the incredible power of our subliminal mind. It's an optional mending approach which must be possible sitting at one

spot and is actually with no kind of reactions. A lot prepared and brain that is effective is not only ready to interface with the celestial vitality current in the Universe still in addition prepared to pull in it by charging. Human entire body is composed of an arrangement of Nadis and chakras. Chakras are actually the substantial areas which have concentrated vitality.

You will find 7 noteworthy Chakras. Notwithstanding Chakras, we've many sided systems of 72,000 Nadis. The cross purpose of Nadis can make up the Chakra. Both Chakras and Nadis framework are securely identified with our Endocrine framework which directs every single hormonal activity in the human body. Vibrational vitality moves through these Chakras and Nadis to make human life. The lop sidedness of this vibrational vitality is actually the essential reason behind various ailments. Neurobic mending, utilizes the standard of Law of Attraction, to prepare the human brain and draw in the infinite vitality.

R. Umamaheswari (2018) [10] Hypertension is actually discovered to be on the list of main illnesses of the Indian public. Psycho Neurobics is able to work beyond the traditional medicine to lessen the Hypertension. The current study is actually aimed to assess the usefulness of Psycho Neurobics in reducing Hypertension of the instructors of Satchidanandan Jothi Nikethan, Kallar in the age group of forty to fifty years. Psycho Neurobics helps in producing the ideal vibrations in the body using certain colours, mudras and sounds

Through this the frequency of the subconscious mind of ours may be raised, which helps to improve the strength of our soul and mind. 10 teachers had been selected and the Blood Pressure of theirs was tested. Psycho Neurobics session was carried out for 10 days for about half an hour and blood pressure was evaluated after ten days using sphygmomanometer.

Psycho Neurobics used to bring down the Hyper Tension of teachers was Loveful

Psycho Neurobics. It was discovered that there was difference that is considerable in the Blood Pressure before and after the Psycho Neurobics session of the teachers. Psycho Neurobics is actually proved to be an easy strategy to minimize Hyper Tension.

Vandana Chhabra (2018) [11] The goal of this study is actually finding out the usefulness of psychoneurobics practice on Blood Sugar Levels. Diabetes is actually a problem brought on by the body's failure to regulate insulin levels, which may result in tissue damage and organ failure. This analysis is actually focused towards managing the sugar levels by building Psychoneurobics exercise is actually a part of the daily routine "Psycho Neurobics" is actually a meditation method for effective healing through total fitness of the mind, soul and body.

The experimental strategy for the analysis was checking the sugar levels before and after the session for a team consisting of females and men of mixed age. The Psychoneurobics practice revealed that there's a drop in blood sugar level, hence improving the quality of life.

Amarnath (2017)[12] The goal of this study is actually finding out the usefulness of psychoneurobic practice on Stress Management. The easiest definition of anxiety is actually a reaction to demands one As per Survey Report of Manovikasa Psychological Institute, India, Indian females are actually suffering from severe stress. Hence this research is actually focused on lessening the stress level in females groups through psychoneurobic practice. Psychoneurobics is actually an Energy Therapy.

In psychoneurobic, we eat the Cosmic Energy through the strength of the head and then transport it to the body of ours, neuro system. The experimental strategy is actually utilized for that pilot study and design was one team pretest and post-test for female's team aged between twenty to fifty years in a club. The female's team had been taught to perform psycho neurobics (peaceful neurobics) as well

as the neurobic machine is actually used to evaluate stress level. Paired T-Test was used for statistical analysis. The Psycho neurobic practice revealed that there's a drop in anxiety level among females, therefore enhancing the quality of life at the start.

Rajesh Kumar Mishra (2017)[13] Hypertension is actually a level of systolic circulatory strain equivalent to or maybe more prominent than 140mm of Hg or even potentially diastolic pulse of equivalent to twenty-six % to thirty %. Fundamental hypertension constitutes greater than ninety-five % of every hypertensive situation and is actually impacted by bad eating routine, corpulence, and sedentary way of life, feelings and diligent presentation to stress.

Hypertension is actually the true reason for cardiovascular mortality and horribleness. It's in addition believed to be the Silent Kill variety of aerobic intricacies, for instance, myocardial dead tissue or perhaps stroke. Psychoneurobics is actually an arrangement of methods that are planned to help a heightened problem of mindfulness and focused consideration.

Expert of Psychoneurobics achieves alluring changes in their lifestyle, conduct, observations, and contemplations. Expanded stress and hostility has been connected with expanded arrival of catecholamine and corticoids causing hypertension and the confusions of its

Dr Krishna Madappa (2017) [14] for millennia we've recognized the capability of the potential of the Human Being. However, our occidental education has disconnected us from the source, having produced an intense imbalance of people to their interconnectedness and connection to nature and themselves. Psycho-Neurobic science as it was divined to Dr. Chandrasekhar Tiwari Ji is actually created to encourage the revival of human being's interconnectedness to nature by evoking the power of intention as a living, thriving and sustaining way forward. Experiments with water as a receptor medium

for analysis reveal the water's reaction to man intention

Smith, J (2016) [15] Carl Rogers, in his theory of person-centeredness, explains that a person responds to his or her world as an organized whole. This suggests that a person acts as a holistic, multi-dimensional human being to every experience. Rogers also suggests that the response to the phenomenal field is unique to every person because of their ideas, feelings, behaviour, needs, values and physical attributes. How a seafarer experiences life at sea, how he or she reacts to an incident, or how he or she steers a ship are thus related to him or her as an organized whole, a multi-dimensional human being.

Training of seafarers has, in the opinion of the author, traditionally been one-dimensional, focusing merely on the 'occupational' aspect of who seafarers are. Competent seafarers have always been defined as people who have good navigational or engineering skills. However, the evidence presented highlights that these skills are often lacking in dealing with the realities and complexities of life at sea. The author argues that a new holistic, a multi-dimensional conceptual framework is needed to assist seafarers in coping within the 'total institution' of a ship

Ana Slišković (2015) [16] Previous studies indicate that the most important stressors in the seafaring population are: long-term separation from home and families; loneliness and social isolation; work-related stressors (high workload and long working hours, low control and work-role conflict), and environmental stressors related to life on board.

The seafaring population is also subject to many risks, especially those relating to accidents and injuries, pirate incidents, morbidity from infectious diseases, the limited ability to provide medical aid on board, and an increased risk of cancer.

Studies of seafarers' mortality indicate that this population is still characterized by a

high risk of the fatal accident, diseases that are the results of an unhealthy lifestyle, and also by the high level of suicides in the seafaring population, which could be seen as a reflection of impaired mental health. The physical health of seafarers has been the subject of numerous studies, which have focused mostly on cardiovascular diseases and cancer. On the other hand, the mental health and psychological well-being of seafarers are relatively less well-explored.

Finally, the paper gives some guidance for further studies, as well as recommendations for minimizing the negative effects of occupational stressors and risks on seafarers' health.

Saifon Kanthamalee, Kanid Sripankaew (2014) [17] The goal of this Quasi-experimental research was examining the outcome of Neurobic Exercise on the Memory Enhancement in Elderly individuals suffering from Dementia. During January to September 2012, 20 2 female older parents suffering from dementia which were residing at Mitraparpsongkoh Foundation, Pathum Thani Province in Thailand, were purposively selected to take part in this particular analysis.

Selected participants had been engaged in Neurobic Exercise Program every two days continuously for four weeks. The instruments consisted of a market Data Form, the Mini-Mental State Examination Thai 2002, the Memory test and a Neurobic Exercise Program.

The reliability of the Mini-Mental State Examination Thai 2002 and the memory test using Kuder Richardson twenty were 89 and 81 respectively. Data had been analyzed using descriptive statistics and paired t-test.

The results revealed that the common mind scores of the experimental group after receiving the Neurobic Exercise Program had been significantly and statistically greater than before receiving the Neurobic Exercise Program at the quality of $p < .001$. The outcomes of this particular study might be utilized as guidelines by health care providers

in enhancing the memory retention of aged individuals suffering from dementia and stalling the degeneration of the human brain.

5 CONCLUSION

Neurobics are actually Mind Control exercises to allow interaction between the Brain, Memory and Mind and keep our body healthy with the assistance of Breathing, Hand Gestures, and Color visualization methods. The result would be a calm and cheerful life.

At whatever point we hold something 'negative' in the understanding of ours, it obstructs the stream of living vitality in the neuro endocrinal pivot prompting numerous illnesses.

Based on the literature review and research carried out in last 10 years we can be recommended that Seafarers can also benefit by practicing Psycho-neurobics for self-healing of multiple issues such as Diabetes, Obesity, Hypertension, Cardiovascular diseases, Thyroid, Migraine, Sleep disorders, Kidney problems, Allergies, Anxiety, Constipation etc.

Psycho-neurobics is a field of study in which undergraduate, graduate, post-graduate, doctoral courses are being offered by national and international universities.

As a science of healing, it has benefited many by curing their diseases and develops better physical and mental capabilities. The discipline helps you understand the nature of your mind and body better and also allows you to control your body and psyche in a much better way.

• SCOPE FOR FUTURE STUDY

Future studies need to be designed to gather more information on factors that Psycho-neurobics training can influence, such as self-concept, peer relationship skills and academic success. There is a scope of an empirical study to be carried out on the effectiveness of Psycho-neurobics to be included in wellness at sea training model. Much further research is required into the range of possible psychiatric syndromes that may be amenable to treatment with

psychedelic substances, as well as into the many modalities in which clinicians could be making use of them

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