

# POSITIVE IMPACT OF PSYCHONEUROBICS TECHNIQUES IN COMBATING POST- COVID STRESS AMONG STUDENTS

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## **Abstract**

*The unprecedented time during the COVID19 raised alarming concerns in all the multifarious sectors across the world. Education was one grave area which was badly afflicted. There incurred a total sea change in the education sector. The pedagogical tools switched over from traditional methods to the modernized version of virtual mode of teaching and learning. This drastic shift anticipated lot of apprehensions among the facilitators as well as the parents. But stakeholders were one of the recipients who were the real sufferers. The entire teaching learning aid created immense stress among the aspirants of educational institutes. The sole objective of this research paper is to present certain psychoneurobics techniques (like Peaceful Neurobics, Loveful Neurobics, etc) that can fruitfully assist in combating the post-covid stress among the students. Psychoneurobics techniques and exercises are designed with a holistic approach to establish mental stability, heal and balance the seven Chakras in our body and improve mental strength of the students in the post pandemic era. The research ordeal in hand, will not only guide students with the necessary Psychoneurobics techniques but will also provide long term Psychoneurobics strategies for dealing with day to day stress of any kind and at any level.*

**Keywords:** *Combating, Loveful Neurobics, Mental stability, Post- Covid Stress, Peaceful Neurobics, Psychoneurobics*

The mental health paradigm among individuals is more important aspect than the physical health. Any ailment initially hits the physical body before hitting at the mental level. All mentally disturbed cases go through psychosomatic problems that later transform into acute illnesses. Reference here is especially made to the students who are making hard and sincere endeavours in combatting the stress that has been incurred upon them after the unprecedented times of COVID-19.

COVID-19 inevitably penetrated into everyone's life at the culmination of 2019 throughout the world creating havoc on the health of countless people reaching the pandemic state. COVID-19 incurred substantial melancholy around the globe; limiting its horrendous effects not only to the adults, but also incurring heavy distressing changes affecting the children of all age group. COVID-19 alarmingly hit the psychological well-being of people. The post COVID period lead to depression characterized by low mood, tiredness, pessimism, poor sleep, and appetite, feeling helpless, guilty, and hopeless, with a gradual reduction in work output. In such scenarios, the older people were more vulnerable, and needed special care. On the other hand, the younger generation was more likely attacked with emotional and psychological concerns. The unwelcomed COVID19 pandemic situation has brought the vulnerable multitude into a transformed perspective of living. The long-lasting pandemic situation coupled with arduous measures like complete lockdown and long stay-at-home orders rendered a negative impact on higher education and an indelible mark in the lives of the students. The pro-longish period of COVID19 acted as a pessimistic angle of addendum in the history of education. The mental health of the students has always been a prima facie concern both for the parents as well as the management. Thousands of students, who indeed registered themselves for competitive exams like SAT, MCAT, LSAT, GMAT, and other professional exams, felt stressed out due to postponement of the exams. Though the closures of the educational institutes at the end of the management were for a win-win situation entailing good both for the safety of management and the students, yet students felt mentally drained out and contemplated on one mind boggling question- What after this?

The COVID-19 pandemic had its toll for more than a year and its widespread implications perpetually continued to unfold it globally at a community level. Venturing unusual experiences and wave of pessimistic thoughts, feelings and reactions seemed to a normal state during the post COVID-19 period. Thus the sole aim of this paper is to get cognizant with the impact of post COVID-19 stress among students and the dire necessity of managing it via the tested techniques of Psychoneurobics. Though, it is a universal human experience, it was revealed that defining and measuring stress is difficult because "there has been no definition of stress that everyone accepts" and "people have very different ideas with respect to their definition of stress." They also state that a definition of stress is incomplete without mention of good stress (called eustress), its physical effects, or the body's

instinctive fight-or-flight response. Based on current situation stress can be differentiated into different levels (Veena, 2016).

Mental health issues are always the leading inhibition to academic growth of students. Mental illness can outrageously affect students' motivation, power of concentration, and interpersonal skills of the students which are indeed the pivotal angles to succeed in higher education. The pandemic caused further shocks to the system with schools forced to shut down during the lockdown period, and the transition of students and teachers to online teaching-learning. In India, millions of students were affected due to school closures at the onset of lockdown induced by COVID-19. The pandemic posed multifarious perils and limitless challenges in public and private academic institutes. Post pandemic lead to an expected rise in dropouts, learning losses, and increase in digital divide. Not only this, the pandemic also rose alarming concerns at the teachers' readiness to accept the novel digital system of special education; but also at the end of the students to comprehend the novel way of receiving education in a total digitalized environment. However here, we may say that COVID19 acted as a catalyst for digital adoption in education system.

In the light of global COVID19 epidemic, educational institutes have met exceptional challenges as they gradually shifted their classes to all new virtual mode. The management sans any second thought, provided reasonable access for all students, fully back up teachers' and students' educational needs, and devise significant plans amid great uncertainty. The pandemic turned out to be the sole reason of much uneasiness, anxiety, and anguish. These stressors in a way lead to mental health challenges for anyone causing acute symptoms to appear for people who may experience preexisting mental health challenges. Due to this pandemic outbreak, lot of students developed psychological problems that are affecting learner's not only academics but all over personality (WHO 2020).

### **Coping Mechanisms to Reduce Stress post COVID19 Pandemic**

At a general level, there are many coping mechanisms that are available to manage the on-going transitory stress like-

- Confront the point of stressor
- Time management skills
- Developing a set schedule
- Being organized
- Exercise, Nutrition and Sleep
- Spend time with your loved ones
- Take a break for 'Me Time'
- Seek professional support

Many of the students post COVID-19 trauma failed to remember to take proper care of their minds. Though students undergoing studies are constantly reminded to eat nutritiously and balanced, and after the opening up of the educational institutes and other food joints, students focused more on picking out nice and classy clothes and look good and care about their bodies- the physical self, but the students forget to take care of the soul. For the youth, it is highly obligatory to take some time off every once in a while, better known as the 'Me' time. To unwind, turn off all the social media apps, and simply slow down. Delving into one's own likings and interests like reading a book, taking a bubble bath or practising daily yoga are some of the best ways to let the mind take a little rest from the everyday hustle and unnecessary arisen chaos.

Life for a student is all about prioritizing the things that matter most in their life and focusing their sincere endeavours in the areas of mind and body balance. Maintaining a healthy lifestyle is not that difficult, nor does it require a lot of work. So the students need to be apprised about the positive effects of psychoneurobics techniques and get proper tutelage about its exercises. The sufferers going through mental stress should make up their firm mind to learn the art of living via the Spiritual Science of Psychoneurobics. As every soul on this Mother earth after the outbreak of COVID-19 pandemic is living a monotonous hum drum routine spiced up with unusual perils of stress attack wherein there is no room left for relaxation and easy living. The mechanical life of being in online mode of study has utterly transformed the way of living of the students and they feel so much exhausted and stressed out by the end of the day, thus leaving little space and energy for their own selves and here lies the impact of recreation and benefits of Psychoneurobics techniques. Here comes the need of the hour to cultivate a lifestyle that's not only enriched with the daily healthy living but also with the skillset of enduring a happy sustenance.

The post COVID-19 phase forcibly leads us to encounter stressful situations. In this case, our nervous system and adrenal glands send signals to the rest of the body to help us think more clearly and be ready for a physical response – should it be required. This is a basic instinct that we have evolved to help us cope with potentially dangerous situations and is known as the "fight or flight" response. Being aware of how our body works and deals with mental instability can help us to manage stress and stressful situations thus, creating balance in life. After a stressful period of mental instability, the human body goes into a 'recovery mode' where increased appetite and food cravings become more prevalent. At the same time, metabolic rates drop to conserve

energy. Being totally cognizant of these patterns help an individual manage his mental levels and through proper nutrition and healthy diet, the student can help to recover from stressful periods of mental instability and minimise negative effects such as weight gain and many other repercussions attached to it.

With the aftermaths of COVID-19, the education delivery went digitalised. Students couldn't take up the virtual pressure and were unable to manage the digital way of teaching. Here, almost every student been torn between juggling heavy loads of assignments, impromptu snap and surprise tests, managing relationships and family expectations, and squeezing in outside interests, it's no surprise that 80% of the normal students will get trapped in the vicious circle of mental trauma and imbalance in this post COVID-19 period. In our rush to "get it all done" at the education institute and at home, it's easy to forget that as our stress levels spike, our productivity plummets, leaving us totally imbalanced. Stress can zap up our concentration, make us irritable and depressed, and harm our personal and professional relationships. The cumulative effect of increased teaching hours in front of the digital idiot box is having an important effect on the lifestyle of a huge number of students, which is likely to prove damaging to their mental well-being and stability.

After the COVID-19, mental imbalance has actually become a normal part of our daily life. Due to the horrendous mental exertion of COVID-19, one encounters stress leading to sleepless hours of insomnia and leading to an uneasy and unhealthy living throughout the day. Stress also pops up when students get all the more anxious about materialistic things like managing tasks/assignments within the stipulated time, scope of employability, flow of money, relationships, illness or grave crisis that has entailed due to the repercussions of COVID-19. In response to these strains at multifarious levels, your body automatically increases blood pressure, heart rate, respiration, inflammation in joints, metabolism, and blood flow to your muscles.

### **Unleashing Power of Psychoneurobics**

Apart from the various techniques, one of the best benefits can be topped up with Psychoneurobics techniques and exercises. Psychoneurobics is a perfect amalgamation of Science and spirituality where one happens to accomplish high concentration power, highly elevated frequency and then draw God's healing energy. One can achieve mind powers only when we are stress free and vibrate high. Psychoneurobics helps in controlling a person's brain, body and soul. It unites physical and mental controls to accomplish a tranquil body and psyche; it oversees pressure and nervousness and keeps you totally balanced. Psychoneurobics can change your physical and mental limit rapidly, while setting up the brain and body for long haul wellbeing.

Psychoneurobics is a powerful integrative medicine used in ancient old healing methodology wherein approach was holistic health by using a mix of herbs and conscious energy; better known as Dava and Dua i.e. Medicine and Prayers. The techniques of Psychoneurobics try to bring the imbalanced energy systems in harmony so as to relieve the patient from unwanted stress. Anyone can do the exercises of Psycho Neurobics. To keep your body healthy and mind happy, you should do some neuro muscular and neuro respirational exercises (Easy Neurobics) daily. You should make these exercises a part of your daily routine mandatorily. By doing these exercises, your mind, body and Soul will remain fit forever. Psycho Neurobic exercises are the fitness exercises of mind, body and soul.

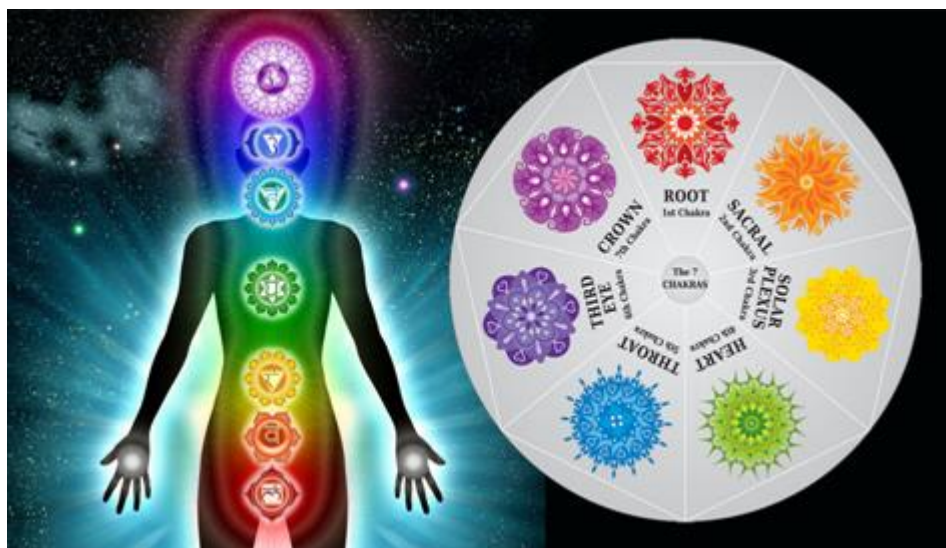
Psychoneurobics is a healing science which incorporates multifarious methods and exercises that transfer to the neuro cells the Spiritual Energy from the source by connecting the mind with the power of thought and visualization to the Supreme Source of Spiritual Energy as stated by BN Shekhar. A trident approach with neuro-muscular-respiratory actions, sound vibrations and visualization of different colors of invisible healing rays coming from the supreme and infinite source make Psychoneurobics highly effective to ensure a cure from various psychosomatic diseases. It makes use of hand gestures or mudras (Easy Psychoneurobics), Sound or mantras and Visualization (Light Psychoneurobics) of receiving spiritual colours from the supreme soul or the infinite, that balance and energize the chakras as well as involvement in being open to feeling the spiritual emotions associated with each spiritual colour, together ensures a highly effective cure, for mental, emotional, physical as well as social well-being. Basic Psychoneurobics protocol and Peaceful Neurobics were used as the Psychoneurobics intervention for stress relief. Basic Psychoneurobics protocol involves, charging water with the rays of purity, by concentration on the orange Psychoneurobics stereographical board and visualization of the orange color spiritual light of purity from the divine entering in through the crown chakra, to the third eye chakra is visualized flowing into a vessel of water held just below the third eye point on the forehead. Then an intention is infused into the water with thought. This step can be done the night before the morning of practice of the rest of the steps. Practicing, the sound 'O' with Enlightening Neurobics which involves concentration on the Psychoneurobics stereographical board of Indigo colour and visualization of the spiritual color indigo of truth, while in Pran mudra, 'M' humming with Blissful Neurobics, which involves concentration on the violet Psychoneurobics stereographical board, visualization of spiritual violet color of bliss, while the hands are in Vaayu Mudra, and final step is the Neurobic Spa. Peaceful Neurobics involves concentration on the sky blue Psychoneurobics stereographical plate, visualizing the Sky blue colour of peace being received from the infinite source of peace in the throat chakra, filling the inner body with peace, while the hands are in the Vaayu Mudra. Aditi Gupta also stated that Psychoneurobics has helped boost psychological well-being in adolescents and has

helped manage anxiety in patients undergoing cataract surgery as presented by Shubhra Gupta and Somen Pradhan.

By applying certain mediation techniques and exercises using specific colours, sounds and 'mudras', we can raise the frequency of our subconscious mind and attract divine energy. This helps to enhance the strength of our mind and will power. This divine energy opens up the blocked 'Chakras', which are the energy centres of our body and release passive energy. When done regularly over a period of time, this passive energy is replaced by a more active form of energy. Active energy restores the normal balance which begins to burn extra fat and increases our metabolic rate, leading to weight management for a blissful and healthier living. 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.

Psychoneurobics healing is a technique of transmitting the divine energy into the energy centres or seven basic chakras that are located in our ethereal body. These energy centres are located near the spinal cord.

Our body has seven major spinning wheels energy that are located at different positions near our spinal cord. Each energy wheel controls some specific physical, mental and spiritual roles in our body. These energy wheels have different wavelength for their normal functioning and thus these centres needs different colours for their charging.



### Balancing of 7 Chakras

#### Colours & Benefits of 7 Neurobic Images

##### Violent Colour

- It cures problems related with sleep disorder and hormones.
- It empowers our endocrine system and releases required hormones in our blood.
- It improves our memory and concentration power and leads into the state of bliss.

##### Indigo Colour

- It cures brain disorder, migraine, nervous system, eye disorder and Parkinson disease.
- It energizes nervous system of our body.
- It raises psychic power.

##### Sky Blue Colour

- It cures problems related to ENT, thyroid and respiration.
- It de-stresses and relaxes all cells and tissues of our body.
- It raises psychic power, stabilizes mind and body and helps to overcome anger easily.

##### Green Colour

- It cures problems oh heart, asthma, blood pressure and maintains cholesterol level in the body.
- It increases the power of lungs and heart.
- It raises energy level, maintain required level of blood circulation.

##### Yellow Colour

- It cures problems pertaining to digestion, liver, diabetes, gastric and constipation.
- It empowers digestive system.
- It balances fire element in the body and remove negative thoughts from the mind.

##### Orange Colour

- It cures problems related to blood, skin, and urinary, reproductive and excretory system.
- It empowers immune system of our body.

- It balances water elements in body and removes negative thoughts from the mind.
- Red Colour**
- It cures problems of bones and muscles like body pains, arthritis and ultra-useful to cure low blood pressure.
  - It empowers bones and muscles of our body and develops will power.
  - It empowers earth element in our body and balances the required quantity of iron, vitamins and minerals.

#### **Psychoneurobics Techniques & Exercises: Ways to Combat Unwanted Stress**

In short, Psychoneurobics is a tested path for achieving better health. Mentioned below are a few Psychoneurobics techniques that can be imbibed by the students going through stress in order to seek some relief themselves and accomplish living a stress free life.

- Shasta Mudras - Hand gestures
- Pranayam - Breathing exercises
- Colour therapy- Visualisation of different colours

**Light Neurobics-** Regulated exposure to sunlight has a positive effect on our mind, body and soul. It enhances the feelings of self-esteem and confidence. Our aura absorbs the vibrational energy of sun rays and direct them towards Root Chakra where it releases the blocked energy.

**Colour Therapy-** Red is the associated colour of Root Chakra. Red depicts passion and strong emotions which translate into courage, will power and zeal towards life. By visualizing red colour through third eye we can activate and purify the Root Chakra.

**Sound Neurobics-** The associated note with Root Chakra is 'C'. Chanting 'LAM' while doing Pranayama is a good exercise for healing arthritis.

**Easy Neurobics-** Using techniques of 'Centering' and 'Grounding', we can dispose-off the negative beliefs from our subconscious mind.

- a. Centering involves feeling relaxed.
- b. Grounding refers to connecting to Mother Earth

There is no harm in learning these simple techniques while you continue to pop that anti-inflammatory pill for treating arthritis. Rather when learnt and practised under the guidance of experts, these are much safer than steroids which doctors prescribe.

#### **Psychoneurobics Spa**

The state of positive health implies the notion of "perfect functioning" of the body and mind". It conceptualizes health biologically, as a state in which every cell and every organ is functioning at optimum capacity and in perfect harmony with the rest of the body; psychologically, as a state in which the individual feels a sense of perfect well-being and of mastery over his environment and socially, as a state in which the individual's capacities for participation in the social system are optimal.

#### **Dynamic Psychoneurobics**

This Neurobic exercise transforms the lower energies to higher frequencies and brings them up to upper energy centres. This transformation improves the memory power and energizes the brain enhancing its efficiency and effectiveness.

#### **Conclusion: Psychoneurobics "The Self-art of Existing Healthily & Happily**

COVID-19 affected everyone at a global level. The Corona Virus Disease 2019 (COVID-19) pandemic has led to rapid escalation in dread, nervousness, stress, and dejection among the youth. 100 years down the lane a similar lockdown was witnessed to combat Spanish Flu. But this COVID-19 made people feel tired and all the more anxious due to the imminent lockdown. Students were the main scapegoat facing loss in their studies leading to immense mental disturbance, imbalance and unwanted stress. Prolonged stress can lead to diseases, further depleting the energy in the body and weakening the immune system, trying to fight the stressor. Hence, it is very necessary to learn to manage stress, especially during the present scenario, and the health concerns related to post COVID-19. The conclusion of the research in hand is that students encounter stress at severe levels but this COVID-19 lead to increasing levels of stress. No doubt with their own awareness, students used the coping strategies like yoga, exercise, diversion therapy such as spending time with family, watching television and meditation. But these stressed out students were also guided about the various psychoneurobics techniques. Psychoneurobics helps us realize our true selves, our true potential and helps us manage stress in an optimal way. Psychoneurobics practice involves with the power of visualization to connect with the supreme source of spiritual energy, which balances all our chakras, clears our inner body, and fills us with divine peace, love, joy, bliss and power that we truly are. When we feel the divine peace inside, our perception of the situation changes, we are able to approach the same situation in a more positive way, which can change the situation as well. As the body reacts to our perception of the situation, we can with the help of Psychoneurobics thus, manage the stress response and its effects on us. It also builds our resilience in midst of a bad situation and helps us differentiate

between experience of life and the life situation. Finally, with regular adherence to the techniques and adequate faith in the daily process of psychoneurobics, these exercises gelled up so well in the daily routine of the patients relieving them from all kinds of post traumatic repercussions. After experiencing the optimistic results of daily psychoneurobics, these students will definitely spread the word of mouth and inculcate these techniques as one of their daily rituals for the happiest and satisfactory way of living. From the above research, it can be concluded that the treatment of psychoneurobics involve practice of basic psychoneurobics protocol and Peaceful Neurobics reduces stress levels among the students. Psychoneurobics practice not only helps one with temporary relief from stress but also results in positive change in the way we perceive ourselves and the life situation. It also helps an individual to evolve, and experience its true self leading to their spiritual advancement. Hence, psychoneurobics must be incorporated as a part of the daily lifestyle in order to enjoy long-lasting profits.

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